

page 2 Opinion
 page 4 Weird News
 page 5 Health
 page 7 Social Security & You
 page 8 Light for the Journey

Coming Up
WOW! IT'S 2008!!!
 January is Glaucoma Awareness Month

page 11 Traveling
 page 14 Senior Safety
 page 15 SRDA Menu page
 16 Finances
 page 22 Fremont/Custer Menu



Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!

Jan., 2008 Vol. 26: No. 6 Established Aug., 1982 306 Consecutive Months!

Festival Fridays Returns: Fun In The New Year!!

PUEBLO – Beginning January 4, 2007, enjoy music, fun and spirits at Pueblo's premiere music celebration, Festival Fridays! The series will provide a party atmosphere for four consecutive Fridays from 5:30 p.m. to 9:30 p.m. in the Sangre de Cristo Arts Center's Jackson Conference Center.

Come early for happy hour spe-

cial from 5:30 p.m. to 6:30 p.m. Find 2-for-1 beer, wells and wine. Starting at 6:30 p.m., the bands will play on the Festival Fridays stage where there is plenty of room for partying and dancing on the dance floor below.

The winter 2008 lineup is exceptional and offers a variety for every musical taste. From jazz fusion to classic rock

to funky rhythms, expect some familiar faces and Pueblo favorites thanks to the generous support of NewsFirst Channels 5 & 30, The Pueblo Chieftain, and Hot 95.5.

The season kicks off January 4 with Phat Daddy and the Phat Horn Doctors, known for their funky style with lots of soul. Phat Daddy & the Phat Horn Doctors were founded in 1994 by vocalist Keith Stovall. Since then its nine members have played all over Colorado, as well as Las Vegas, New Orleans and Boston. The band will be making its fourth appearance at Festival Fridays and has become one of southern Colorado's premier dance bands.



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Pueblo welcomes Dotsero on January 11. Taking their name from a small mountain town in the Rocky Mountains of Colorado, Dotsero means "Something Unique" according to a Ute Native American legend. Full of life, energy, and spontaneity, Dotsero is a no nonsense sax and guitar driven thrill ride of smooth jazz. The band has performed at major jazz festivals, including: Red Rocks Amphitheatre, JVC Winter Park Jazz Fest, Jazz Trax, Catalina Island Jazz Fest and the Cancun Jazz Festival, among others. From Ala Carte Ala Park in San Francisco to West Palm Beach's Sunfest, Dotsero has crisscrossed the nation performing their exciting brand of jazz.

The Martini Shot takes the stage on January 18 playing the best of pop-rock. The original six-member band is based out of Southern Colorado and has sold over two thousand copies of both their first self-titled album and their "Dry & Dirty" album. The Martini Shot per-

forms nearly every weekend throughout the year and was voted the "2006 Best Original Cover Band" by readers of the Colorado Springs Independent. With a crowd of 1,000-5,000 people at local festivals and event series, expect original tunes and spontaneous crowd interaction because The Martini Shot is proud to entertain an audience no matter the age.

Bad Habitz ends the season on January 25 with an eclectic mix of Tejano, Cumbia, Old School, and R&B. With a seven member band, Bad Habitz holds a variety of talent and music and was voted number one band for the Fiesta Day Parade.

Enjoy food, fun, great music every Friday in January. Admission is \$4 in advance or \$5 at the door. Tickets are available at the Arts Center Box office, 210 N. Santa Fe Ave., just off I-25 exit 98b, or feel free to order by calling 719-295-7222.

January Is Glaucoma Awareness Month

Eric E. Blom, MD - Board Certified Glaucoma Specialist



You may know someone who has glaucoma. Maybe it runs in your family. Perhaps you have glaucoma. But what is glaucoma, exactly?

Glaucoma is a leading cause of blindness in the United States. It is preventable, but once vision is lost from glaucoma it usually can not be restored. Modern tests can detect glaucoma at even earlier stages, before vision is lost. Eye doctors have therefore focused new attention on this blinding disease. Research is helping us understand more about the underlying causes of glaucoma, and how to treat it.

In fact, glaucoma is not actually one disease, but a group of similar diseases. In all types of glaucoma, the fluid pressure inside the eye (the "intraocular pressure") is higher than the eye can tolerate. Not all people with glaucoma have high eye pressure. Some people's eyes are just more easily damaged by pressure. In any case, when the pressure in the eye is higher than the eye can stand, the optic nerve can be damaged. Since the optic nerve carries the signal of vision from the eye to the brain, damage to it causes loss of vision.

Early in glaucoma, the nerve damage is not bad enough to cause any vision changes. The first vision affected by glaucoma is typically side vision, or peripheral vision. It is very difficult for people to tell when their peripheral vision is affected. Most people first recognize the symptoms of glaucoma when it begins to affect their central vision. Unfortunately, once glaucoma has begun to change central vision, the treatment is more difficult. Useful vision can not always be saved at this point. Fortunately, eye doctors can detect glaucoma in the earlier stages during your routine dilated eye examinations, and start treating the disease before vision is affected.

Glaucoma is not related to diet, exercise, or lifestyle factors, like some other health problems. As a result, there are no lifestyle modifications to help prevent glaucoma. Glaucoma is an aging process, and becomes more common as people get older. Not everyone gets glaucoma with age, however, and some people may simply be at more risk. This is probably because of their genetic and physical makeup, things we can not control. Simply put, most glaucoma is due to a combination of aging and bad luck. The risk of developing glaucoma can run in families, and people whose family members have had glaucoma should be checked by an eye doctor more frequently.

People who have ever had an eye injury are also at higher risk for glaucoma, and should be checked every year. Even people with no family history of glaucoma are at risk. Regular screenings are recommended for all adults every year or two.

To check for glaucoma, ophthalmologists measure the eye pressure in both eyes, and dilate both eyes with drops. After the eyes are dilated, the optic nerve can be seen. Certain changes in the optic nerve can indicate glaucoma. Sometimes the nerve can appear cupped out, as if a piece was missing from the middle of the nerve. Other times, a notch or bleeding is visible at the edge of the nerve. These and other things are clues to glaucoma.

In addition to eye examinations, there are now several tests for glaucoma. One, called a visual field test, uses a machine to help map out peripheral vision. The visual field test is a good way to tell how much vision a person with glaucoma has already lost, and how much they have left. Visual field machines have been around for a while, but newer machines are faster and more accurate. An even newer group of tests measure the nerve directly for damage. These machines, called nerve fiber analyzers, can tell how much of the nerve has been lost from glaucoma. These are good tests because they can pick up glaucoma before it affects vision. That way, treatment can be started early, to prevent any loss of vision.

Treatments for glaucoma include glaucoma eye drops, laser treatment, and glaucoma surgery. Eye drops work by lowering the pressure in the eye. They must be taken every day to keep the pressure down. Fortunately, modern eye drops are safe and well tolerated. People with serious glaucoma can require more than one eye drop, and not all glaucoma can be controlled just with eye drops. Laser treatment is another option for some patients, and even eye surgery may be needed to keep severe glaucoma under control.

With the newest glaucoma tests, people at risk for glaucoma can be detected earlier. Although there is no ultimate cure for glaucoma, modern treatment and public awareness help keep most people from going blind from glaucoma.

Dr. Blom can be reached for appointments at Rocky Mountain Eye Center, 719-545-1530 or 1-800-934-EYES (3937).

Property Tax Work-Off Program For The Benefit Of Senior Property Owners Of Pueblo County

The Board of County Commissioners established the Property Tax Work-Off Program to provide a mechanism for tax assistance for Pueblo County seniors who are at least 60 (sixty) years of age, who are sole or joint owner of the property where they reside and pay property taxes in Pueblo County and such property is not income producing.

Pueblo County Tax Work-Off Program will be accepting applications effective January 2, 2008. NOTE: If seniors are eligible for the Senior Property Tax Homestead Exemption they may also be eligible for the Property Tax Work-Off Program. Please contact the Property Tax Work-Off office located at the HHS Building at 2631 E. 4th Street or call 583-6120 for information and applications

2008 Senior Citizen Of The Year Award

May 2008 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 09, 2008 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will award this honor to an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. There are many seniors in Pueblo County who deserve this honor and we would like to encourage you to nominate a senior citizen for this award. The nominee must be 60 years of age or older and the award can be made posthumously.

Nominations may be submitted to Pueblo Area Agency on Aging, 2631 E. 4th Street, Pueblo, CO 81001. Be sure to include name address and phone number of nominee as well as your name and phone number. A brief description of why you feel this senior is deserving of this award, or nomination forms are available through the Pueblo Area Agency on Aging, 719-583-6120. Nominations will be accepted until March 21, 2008.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer of "Your" Senior Beacon!



Our Yearly Pledge

As always and for the past 300 months, we pledge to put forth a highly readable, information-packed senior community newspaper. 2008 will be no different!

Is It The Uhhhhhhhhhhhh!?

I was wondering the other day why GWB is so vilified. Besides the obvious vitriol of the media which doesn't even try to hide it's collective left-leaning view on the world, what did this honorable man do to deserve such hatred? I believe that GWB and his eternal "Uhhhhhhhhhhhh" in the middle of a sentence makes him sound and look like, well, someone who shouldn't be President. It's painful and embarrassing. The oddest part of the Bush hatred syndrome is that he is a liar using no facts just innuendo, lies and half-truths with no proof to back up their conclusions. This "Bush is a liar platform" comes from media and people who love the Clintons. The same Clintons who are the most notorious liars this nation has ever seen. I would challenge you to consider GWB's body of work as president (low unemployment, low taxes, low Interest rates, low inflation, no more attacks on our soil by the nasties, many left-leaning salves like the prescription bill passed for seniors, and etc.) and not have a kneejerk reaction injected by the media daily as to how incompetent GWB has been over the past seven years. The invective truly is puzzling.

Perspective In Iraq

Isn't it quite strange to you that the media isn't saying much about what is going on in Itaq? Isn't it also interesting that there have been many anti-war movies out of Hollywood most which have bombed? Why is that? Why is it that the media and the Hollywood Left don't want to tell us any truths that don't fit their world view? Aren't they duty bound to tell *we the people* the whole truth? You know, both sides?

I came across a news item concerning a town in the Middle East named Mousa Qala or some such that was overtaken by the Taliban in Afghanistan with some al qaida operatives. Apparently the coalition forces there mounted a counter-offensive and wiped out some 77 Taliban along with destroying four chemical labs and numerous weapons caches. The indigenous people in the town were ecstatic that we liberated them showering them with praise.

Why didn't we see or read about this wonderful success? Why is it the media only reports on incidents that make America and GWB look bad? It seems like a fixed poker game. How do you ever trust anything the media does or says.

I heard an idea that I think has some merit. Why doesn't someone sue the media? That's right sue every man jack of them. Don't they have a fiduciary responsibility to at least try to come clean with the populace? Why don't they tell us of the good news. The gentleman who put forward this idea thought there would be many attorneys that would be willing to do the work *'pro bono'* even if it was just to hold the media decision-makers feet to the fire. It's one thing to have opinions, it is another thing altogether state that you are non-biased reporters of news and then don't tell the whole story.

Our media is becoming a propaganda machine that knows most folks don't pay much attention and take sound bites as gospel. It's sad that we are too busy to really care about what's going on but to be hoodwinked by the very people that you depend on to keep you informed is a breach of trust. Clean up your collective acts, national media. If you don't, you will be just another totalitarian's mouthpiece!

Having Some Perspective

Perhaps the following will put some perspective on the above phenomenon. (Sent in from my friend Dennis Campbell through the internet), the piece is a little dated but tells the story adequately enough methinks.

For those of you who spent time in the military, believe in our military and support the men and women of our military, read on (and if not, read on anyway):

There were 39 combat related killings in Iraq in January. In the city of Detroit there were 35 murders in the month of January. That's just one American city, about as deadly as the entire war-torn country of Iraq (at that time).

When some claim that President Bush shouldn't have started this war, state the following:

FDR (a Democrat) led us into World War II. Germany never attacked us; Japan did. From 1941-1945, 450,000 lives were lost ... an average of 112,500 per year.

Truman (a Democrat) finished that war and started one in Korea. North Korea never attacked us. From 1950-1953, 55,000 lives were lost ... an average of 18,334 per year.

John F. Kennedy (a Democrat) started the Vietnam conflict in 1962. Vietnam never attacked us.

Lyndon Johnson (a Democrat) turned Vietnam into a quagmire. From 1965-1975, 58,000 lives were lost an average of 5,800 per year.

Bill Clinton (a Democrat) went to war in Bosnia without UN or French consent. Bosnia never attacked us. He was offered bin Laden's head on a platter three times by Sudan and did nothing. bin Laden has attacked us on multiple occasions.

In the years since terrorists attacked us, Bush policies have liberated two countries, crushed the Taliban, crippled al-Qaida, put nuclear inspectors in Libya, Iran and North Korea without firing a shot, and captured a terrorist who slaughtered 300,000 of his own people. And the Democrats and our media are complaining about how long the war is taking.

But wait, there's more..... It took less time to take Iraq than it took Janet Reno (a Democrat) to take the Branch Davidian compound. That was a 51-day operation..

We looked for evidence of chemical weapons in Iraq for less time than it took Hillary Clinton to find the Rose Law Firm billing records.

It took less time for the 3rd Infantry Division and the Marines to destroy the Medina Republican Guard than it took Ted Kennedy (a Democrat) to call the police after his Oldsmobile sank at Chappaquiddick.

It took less time to take Iraq than it took to count the votes in Florida!!!

Our Commander-In-Chief is doing a GREAT JOB ! The Military morale is high! The biased media hopes we are too ignorant to realize the facts.

But wait, there's more! Some people still don't understand why military personnel do what they do for a living. This exchange between Senators John Glenn and Senator Howard Metzenbaum is worth reading (on the Senate floor - January 26, 2004). Not only is it a pretty impressive impromptu speech, but it's also a good example of one man's explanation of why men and women in the armed services do what they do for a living.

This IS a typical, though sad, example of what some who have never served think of the military.

Senator Metzenbaum (speaking to Senator Glenn): 'How can you run for Senate when you've never held a real job?'

Senator Glenn (D-Ohio): 'I served 23 years in the United States Marine Corps. I served through two wars. I flew 149 missions. My plane was hit by anti-aircraft fire on 12 different occasions. I was in the space program. It wasn't my check-book, Howard; it was my life on the line. It was not a nine-to-five job, where I took time off to take the daily cash receipts to the bank.'

'I ask you to go with me ... as I went the other day... to a veteran's hospital and look those men ... with their mangled bodies .. in the eye, and tell THEM they didn't hold a job!'

You go with me to the Space Program at NASA and go, as I have gone, to the widows and Orphans of Ed White, Gus Grissom and Roger Chaffee... and you look those kids in the eye and tell them that their Dads didn't hold a job.

You go with me on Memorial Day and you stand in Arlington National Cemetery, where I have more friends buried than I'd like to remember, and you watch those waving flags. You stand there and you think about this nation, and you have the gall to tell ME that those people didn't have a job?

What about Metzenbaum? For those who don't remember. During W.W.II, Howard Metzenbaum was an attorney representing the Communist Party in the USA. (He is no longer a Senator - thank goodness for small favors). If you can read this, thank a teacher. If you are reading it in English thank a Veteran.

Thanks and a tip of the cap, Dennis.

Happy New Year everyone!

Godspeed!

Rocky Mountain Eye Center, Inc.

FREE EDUCATIONAL SEMINAR

Glaucoma... What you should know.

Eric E. Blom, MD

January is Glaucoma Awareness Month. Glaucoma is the leading cause of irreversible blindness in the world, and about half of the people with glaucoma in the United States don't even know they have it.

If you or people you know have glaucoma this seminar will help you understand risk factors, evaluation and management.

• *Hors d'oeuvres and beverages to be served* •

Where: Rocky Mountain Eye Center, Inc.
27 Montebello Rd. Pueblo

When: Tuesday January 22 • 6-7:30pm

RSVP: Please RSVP by Monday January 21st at 295-1820 as space is limited

www.rockymountaineyecenter.com

Sponsored by:
Rocky Mountain Laser & Surgery Center

Senior Beacon

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$19.95 for one 12-month period. Send your order to the mailing list below.

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SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

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ON THE RIGHT: "WHOSE RIGHTS"

by William F. Buckley

It asks for miraculous powers of revision to not see a show on television at night and satisfy ourselves that by abiding by the protocols of collective bargaining we are fighting for the survival of essential American rights. The law is an ass, a humbug, if it is defined by the number of people whose rights are being affirmed by neglecting them entirely.

A few strikes ago I was asked if I would exchange comments on the subject with a furtive strikebreaker, who came to terms with his conscience only by getting cameramen and announcers -- and me -- to agree not to use his name for the duration of the broadcast, thus giving him a technical out at the union shop. I should have been witty enough to ask him on the air to refer to me as Oliver Wendell Holmes.

The strike against the television and movie producers by the writers' union follows hard on the heels of the strike against the Broadway producers by the stagehands' union, and raises some of the

same questions. The people against whom the Broadway strike was directly aimed, the producers, suffered financially from three weeks of darkened theaters, and the producers will suffer in the Hollywood strike if viewers decline to accept the substitute entertainment being offered.

But the strikes also affect many other people, directly and indirectly: the actors, singers and television hosts; behind-the-scenes staff; advertisers in the case of Hollywood, restaurant owners and cab drivers in the case of Broadway; and, let us not forget, the audiences.

The idea in collective bargaining is that both sides should stand to lose something substantial in a strike -- giving the band of brothers on each side a strong incentive to come to an agreement without a strike, and thus sparing all those who would be collaterally deprived. But this is harder to quantify when the point of contention is not merely so many dollars a week, but other issues -- in the case of the stagehands, work rules; in the case

of the writers, the handling of payment for Internet downloads of movies and TV shows. Whichever side comes out the winner, the public loses.

What tends to happen in those cases is that the public reaches out for some kind of force majeure. Years ago in New York the Taylor Law was passed, which forbids public employees from striking. But it is enforced only in the most obvious cases of public safety -- threatened strikes by police and firemen.

Even the First Amendment, so vocally cherished by the ladies and gentlemen of the press, is not enough to trump the claims of collective bargaining. Back in 1972, when the technicians at CBS went out on strike, the American Federation of Television and Radio Artists (AFTRA) ordered its members to honor the picket lines, and they did so, even though many of them agreed with the ringing statement made by Eric Sevareid: "Union loyalty is made to supersede a journalist's loyalty to his employers, his profession,

and his concept of his duties to the public." A few years earlier, New York was deprived of newspapers for nearly four months because the courts failed to place the freedom of the press over the National Labor Relations Act.

What's not about to happen in the present case is the crystallization of the kind of vision necessary to discover and then to assert the right of the public to figure in these internecine pursuits. Perhaps that will happen only when the quarrels become truly asphyxiative and we are driven to our own uninformed resources to attempt to sing like Pavarotti, fiddle like Perlman and amuse like David Letterman. But that isn't happening, and our consciences grow more leaden by the day.



Writer's Art: "Why Don't You Use The Little Wench?"

by James Kilpatrick

Every language has its pitfalls, but often it seems that English has more than its share. So many of our words sound alike! So many opportunities arise for phonic error! Let us turn to the homophone file, and together let us weep.

Thus we roll back the clock to Super Bowl XXXII and a sportswriter's interview with a guard for the Denver Broncos. The lineman, Brian Habib, was talking about a colleague: "He's a mountain man. He lives up there in the hills. He's one of those guys who's got to be pulling stumps out of his yard with a pickup truck and a wench."

Surely there is much to be said for the companionship of a lusty woman, especially when one is pulling stumps, but the wanted word was "winch." It dates from the 12th century and has been embarrassing copy editors ever since.

Homophones are so infernally sly. Close your eyes, even for an instant, and they creep into one's copy. Take the innocent noun, "yolk," as in egg. Thus we find that insufferable cat of the comic strips declaring that the time has come "to throw off the yolk of depression." In a pulp novel, "Stevie continues to suffer under the yolk of evening clothes." An upscale fashion magazine promotes a gently tailored yellow silk suit with "yolk detail and faux pockets."

Yoke! That's a yoke, son! This

noun also has 800 years of pedigree. As for that yellow silk suit, note that it has only faux pockets instead of two or six. The ad appeared in Atlanta.

Our next exhibit comes from a feature story seven years ago in Panama City, Fla. Major hurricanes were on the way. The area's lovely beaches were threatened. A meteorologist explained: "Huge quantities of sand will be carried onshore, and the sand will settle into nearby lakes and marshes and form a layer of sentiment."

That feature writer unintentionally provided a thought for the day, that true and lasting love builds gently, year by year. What a splendid sediment!

A familiar homophone turned up in the Salem Monthly. There a shop owner promoted the town's "best stationary store." Whether this was the town of Salem in Illinois, Indiana, Massachusetts, New Hampshire, New Jersey, Ohio, Oregon or Virginia, I cannot say, but writers everywhere should remember that letterheads are stationERY and fixed objects are stationARY. Will helpful readers supply a mnemonic device for remembering which is which?

Another sound-alike tricker turned up in a headline over an Associated Press story about genetic research: "Study indicates that the male, probably in Africa, left his Y chromosome for prosperity." If so, his estate must have made a

bundle in royalties. There's a lot of posterity out there.

Most homophones are merely doubles, such as site/sight or pale/pail, but our wonderfully wacky language has a host of triples. Perhaps the most familiar is pour/pore/poor. It turned up in the memoir of a newlywed in the Midwest: "I stayed up half the night pouring over cookbooks." Then she dried the books and went back to bed.

A less excusable mix-up appeared in the magazine NEA Today three years ago. A contributing teacher provided a touching feature story about a rehab hospital in California. The lives of its patients "have been changed permanently by spinal chord injury." The author, who then taught a third-grade class in Downey, Calif., explained that "most spinal chord injuries once were the result of birth defects." Chord? Children! When in doubt, look it up! And stay in doubt.

Let me conclude with the lament of a garden columnist in Champaign, Ill. She had promised herself to get rid of every weed. "Alas! Somehow all my best intentions go a rye in August!" And if you can't resort to rye, there's bourbon, gin or Tennessee.

FOR WHOM DO WE WRITE?

It's the eternal question: For whom does a writer write? The lofty

answer, of course, is "I write for me." A better answer must always be, it depends. Let us lucubrate together.

Today's column is prompted by a question from Chris Crawford of Jacksonville, Ore. He asks: "To what extent do writers have a responsibility to edify their readers with the occasional use of an uncommon word whose meaning is ideal for the task at hand? For example, I occasionally use the word 'feckless' even though 'impotent' does the job just as well.

"Our language is blessed with a cornucopia of delightful but obscure words. Some of my personal favorites, such as 'daktylodeiktous' and 'bathukolpian,' are a bit too far into the wild blue yonder to be foisted upon civilians, but I wonder where a writer should draw the line. Do the dictates of good writing make clarity the sole goal of the writer, to the exclusion of these secondary considerations?"

One is bound to respect a question from any reader whose favorite word calls to mind the duck-billed dactyl. It is a species not much seen in English poetry since the 17th century, but it can contribute to a delightful ragout. Turning to the serious question at hand: Is clarity the sole goal of a writer?

The easy answer, of course, is that simple clarity can often be the *sole* goal of a writer. It is surely the goal if one's aim is only to provide directions for shelling a black-eyed pea. It is surely not a goal for those who write free verse and sell it to The New Yorker. Otherwise, whether we write for a living, as I do, or write for the pure pleasure of self-expression, it is just as the apostle said: If we have not clarity, we are nothing. Clarity never fails. If our composition is no more than a letter to Aunt Emma, we must write in words that Aunt Emma understands. Else why write at all?

Be clear, be clear, be clear! Ah, but good writers will follow Spenser's Faerie Queene: Often it is better not to be *too* clear. If one is writing for the *Golf-er's Gazette*, it is not necessary to define a putter. We write for an assumed audience, and we trim our vocabularies to the prevailing wind. Thus the rule is to be clear to our presumed readers.

Who are these invisible specters, these critical phantoms on whose pleasure we depend? Long ago I pictured my imaginary readers: They read a daily newspaper. They buy a dozen books a year, mostly biographies and whodunits. They read not only the Reader's Digest but also a wide variety of professional magazines. Killing time in a doctor's waiting room,

SEE "FOR WHOM?" PAGE 6.

put on your red shoes

Dance with Spirit

February 23, 2008
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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

Pink Justice: In parts of India's Uttar Pradesh state, according to a November BBC News dispatch, women are hopelessly oppressed by poverty, abusive husbands and corrupt officials, but two years ago, Ms. Sampat Pal Devi got fed up. She organized bands of vigilante women (with several hundred members), dressed in pink saris, to protect their sisters using both nonviolence (heaping public shame on wrongdoers) and violence (with axes and the traditional Indian stick, the "lathi"). Said Sampat Devi, "Village society in India ... refuses to educate (women), marries them off too early (age 9, in her case), barter them for money. Village women need to study and become independent to sort it out themselves."

Compelling Explanations

Dr. Paul Schum, 50, the principal of the Catholic Bethlehem High School in Bardonia, N.Y., was arrested in October on prostitution-related charges after he was discovered loitering in an alley, dressed as a woman, in leather and fishnet stockings and with fake breasts. A local priest, presumably intending to help Dr. Schum, said dressing as a woman didn't sound like something Schum would be involved in, "(b)ut again, we're in the Halloween season." (Dr. Schum eventually resigned, and the prosecutor chose to drop the charge.)

Simple Explanations: (1) Alex Noel, 16, a finalist in Rhode Island's Great Pumpkin Weigh-Off in October, said his success raising his (1,224-pound) pumpkin was because "You spend all your time with it. No sports. You just come home and be with the pumpkin." (2) Darren Mack, 46, pleading guilty in Las Vegas in November to murdering his wife, and also accepting a judgment for attempting to kill the judge handling his divorce (after first insisting on his innocence): "I do understand ... in my (current) state of mind that shooting at the

judiciary is not a proper form of political redress."

The Litigious Society

A few days after professional skier Stoil Popow was killed while kite-surfing in the rough winter waters off of Connecticut's Long Island Sound in 2004, his widow told the Connecticut Post that she had "begged" her husband not to go out "because it's January." Nonetheless, in November 2007, she filed a wrongful-death lawsuit in federal court, charging that her husband's tragic demise was actually caused by the town of Stratford, Conn., which was negligent in not posting warning signs along the stretch of beach used by Popow (of "hazardous and unsafe conditions") and for not having lifeguards on duty.

Ironies

-- On Nov. 7, news media reported that New York City's Serendipity 3 restaurant had been noted by the Guinness Book of World Records for having the planet's most expensive dessert (a \$25,000 chocolate sundae, featuring, among other delicacies, edible gold flakes). On Nov. 16, the same news media reported that the city's Department of Health had ordered Serendipity 3 closed after inspectors found a live mouse in the kitchen, along with mouse droppings, fruit flies, house flies and more than 100 cockroaches.

-- A 21-year-old man was seriously injured by a hit-and-run driver in the early morning hours of Nov. 3, in Suffolk County, N.Y., as he was walking away from his disabled SUV. Police said that the victim was probably the same driver who, a few minutes earlier, had himself rear-ended a sedan and driven off without stopping. (And the day before, in Jacksonville, Fla., a 19-year-old man was seriously injured by a hit-and-run driver when he climbed over a barricade after being hit by another hit-and-run driver.)

-- Many of today's environment-friendly new buildings are apparently terrible for birds. According to

ornithologist Daniel Klem of Muhlenberg College, between 100 million and 1 billion birds are killed each year colliding with glass, with a big culprit being the generous glass construction on buildings meeting the rigorous energy and environmental standards of the U.S. Green Building Council.

Least Competent Criminals

Failed to Master the Art of the Getaway: (1) Robert Hickey Jr., running from a Hamilton County (Tenn.) sheriff's deputy in October, dashed into nearby woods, fell into a well and had to be rescued. (2) Rudy Aguas, 25, running from a Reno, Nev., police officer in November after a failed carjacking, ducked into a building but got stuck in a freshly poured concrete floor. (3) A suspect in car break-ins, running from Miccosukee Indian Reservation police near Miami in November, dove into a retention pond but apparently failed to notice a "Live Alligator" sign, and was killed by "Poncho," a gator well-known to locals.

Update

What was an edgy, unconventional treatment of a severe diarrhea when News of the Weird mentioned it in 2000 is now catching on as a remedy for the potentially deadly *C. difficile* bacteria infection, according to a November report by the Canadian Broadcasting Corp. "Good" bacteria in the stomach are often depleted by the antibiotics that work on (but may not remove entirely) *C. difficile*, leaving the patient with violent or chronic diarrhea. Some doctors now recommend controlling *C. difficile* by re-establishing the patient's "good" bacteria via a stool transplant from a close blood relative, who should have similar intestinal conditions. The donated stool (providing that a loving, straight-faced relative is found) is mixed with saline and administered by enema.

Undignified Deaths

(1) A 32-year-old man was found dead, stuck in the cat door of his girlfriend's St. Augustine, Fla., house after she had kicked him out. Said a friend, "(H)is head was caught ... like he was (trying) to reach up and unlock the door ..." (2) A 46-year-old construction worker fell to his death in November in Custer County, S.D., after co-workers had raised him, in a boom, 30 to 40 feet off the ground so that he could try to get cell-phone reception, but the boom's

truck tipped over backward.

Armed and Clumsy (all-new)

More people who accidentally shot themselves recently: Opherro Jones, 32, shot himself in the stomach while allegedly pistol-whipping a man (Honolulu, June). A 23-year-old San Francisco police officer accidentally shot himself to death while demonstrating police training techniques to friends at a party (August). A 24-year-old man accidentally shot himself in the foot while aiming at a turtle (Massillon, Ohio, August). A 17-year-old boy, and 19-year-old Patrick Jefferson, accidentally shot themselves while "holstering" handguns in their waistbands (in, respectively, Pittsburgh, September, and Chicago, August). Eric Titov, 22, accidentally shot himself to death while fleeing from police (perhaps caused, they said, by his tripping on his baggy shorts) (Houston, October).

Urban Legends Come to Life

(1) In Bayonne, N.J., in October, Lindsey Millar's car burned up after a squirrel, chewing on an electric line, caught fire, and its flaming carcass fell down beside the car and rolled underneath it. (2) Jacqui Dean, a member of the New Zealand Parliament, apparently became the latest prominent person to publicly fall for the H2O hoax. A constituent, perhaps intending to mock Dean's general alarm about dangerous substances, sought her help in "investigating" the "toxic" "dihydrogen monoxide," and Dean appeared to support an inquiry.

People Different From Us

-- Alexander Smith, 46, was arrested in Wake Forest, N.C., in November after a serial dumping spree alongside rural roads, starting about a block from his own home. He had allegedly pushed off his truck, at different stops, a washing machine, then a dryer, then two stoves and finally a freezer. He was charged with felony littering.

Least Competent Criminals

Not Ready for Prime Time: (1) Francis Rocca, 24, was arrested in Pittsfield, Mass., and charged with robbing a gas station in November after being identified by his victim, who pointed out that Rocca's distinctly pimply face was easily visible underneath the clear plastic bag he wore as a "disguise." (2) Michael Chatman, 35, and two others were arrested in Augusta, Ga., in November after Chatman, in a Target store, tried to return the laser printer the three had allegedly used for counterfeiting. However, they had accidentally left in the machine not only copies of the counterfeit bills but also the original \$20 bill they had used as a model. Said a deputy, "People get wrapped up in the crime, and they forget things."

Readers' Choice

(1) Twins Jared and Justin Serovich, age 8, of Gables Elementary School in Columbus, Ohio, made it to the finals of a state inventors' competition this year with their special boxer shorts. The twins' knickers used fabric fasteners to hold the seams together thus making it nearly impossible for the wearer to be given a "wedgie." (2) As he crossed a field while walking his dog near his home in Brighton, England, in October, police Inspector Chris Poole, 50, was attacked by about 50 cows. He spent 11 days in the hospital, recovering from the butting and stomping, which cost him four broken bones, a severed artery and a punctured lung.

(Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com. Send your Weird News to WeirdNewsTips@yahoo.com or P.O. Box 18737, Tampa, FL 33679.)



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For A Healthier You



A New Year, A New Health Paradigm

by Charlene Dengler

What value do you place on your health? Those of us that are part of the baby boomer generation who are just emerging as senior citizens surely have heard the, hmm, hmm, pardon me, "old" adage: You can have everything in the world that money can buy, but you can't "buy" your health. With HMO's, PPO's, and constantly reforming health care companies, yet always rising health care costs, sometimes the price one pays for treatment is the ultimate price -- their very life! I say that because according to a nationwide poll on patient safety, one leading cause of death is iatrogenic, or medically induced. Iatrogenic means death caused by the very treatment intended to help heal or cure the disease.

Yes, that's reality; many deaths are the result of properly prescribed pharmaceutical medication! Although I can cite many other dismal statistics that may only serve to discount our current medical practices and dishonor medical professionals who have made it their life's objective to help and to heal, I don't wish to do that here. Instead I will shift to a much more positive approach. I want to emphasize wellness and health, and how to sustain this complex and elusive commodity, unable to be purchased, but of priceless value. What better time to take charge of your life and focus on a brand new you, than at the beginning of a brand new year!

Wellness is defined by the World Health Organization as the balance of mental and physical well being in the absence of disease. As a registered nurse I learned in nursing school about the concept of "homeostasis". Homeostasis is the delicate balance required for the body to maintain proper health. Any time that the body is out of balance for whatever reason homeostasis is compromised. I prefer the use of the term homeostasis when discussing total health because our systems can be slightly out of balance without our being able to recognize a lack of wellness. When wellness is impaired, even at an imperceptible cellular level, further consequences will ensue. Homeostasis is a sensitive condition carefully maintained by several factors.

An analogy of a juggler can be used to illustrate just how fragile this balancing act can be. Let's say a juggler can manage seven objects in the air or in their hands at any one time. These objects or factors when it comes to maintaining homeostasis are: oxygen, water, 8 essential amino acids (proteins), 26 vitamins, 72 trace minerals, 3 essential fatty acids (fats), and 8 glyconutrients (carbohydrates). Your body is constantly "juggling" these seven elements to stay in balance. What happens when a juggler is performing and he drops one of the objects he is keeping in motion? The gig is over for the most part, isn't it? Transferring this analogy to our fearfully and wonderfully made human bodies, what happens when our body doesn't have all seven factors in balance? The body's homeostasis has been threatened, resulting in various forms of symptoms, disease and illness.

In order to maintain homeostasis and have a high degree of wellness, let's go back to the significant seven. Most everyone knows about at least six of the factors. Oxygen is vital to our well-being. After three minutes without it all eleven of our systems begin dying. Water is almost as vital; after 72 hours without it the same systems are seriously compromised. The remaining proteins, carbohydrates and fats along with vitamins and trace minerals, we must get from nutrition. What you may not know is the glyconutrients, a form of essential carbohydrates, are not readily available to our body due to soil depletion, lack of crop rotation and green harvesting, not to mention exposure to multiple toxins, our hectic lifestyles and often poor nutrition. Even more crucial to understand is that these glyconutrients, or glycoconjugates as they are known in the scientific community, are vital for all other factors to be utilized by the body correctly. This is because they are necessary for proper cellular communication and effective immune system functioning. Dr. Andrew Weil, Harvard M.D. and specialist on wellness and aging, recently stated, "The basis of good health starts at the cellular level". If even one element of the eight essential glycoconjugates is missing the entire human machine is impacted and wellness gives way to autoimmune disorders, chronic illness, diabetes, cardiovascular disease and cancer. The last three conditions just listed are the three leading causes of death in the U.S., with the iatrogenic cause being the fourth.

Now what if there was a way to ensure that your cells obtained proper communication? What if you could maintain homeostasis, regardless of aging, un-

til nature gradually caused your demise rather than an early check out with no opportunity to return? What if your quality of life could exceed what your experience has been for the last 20 years? In this new year, in the here and now, why not make the choice to engage life differently? One definition of insanity is "doing the same thing over and over again while expecting different results". Why not try a different approach and expect an improved life full of hope and vitality? For more information call Charlene Dengler, of Nutrilogical Vitality, at 547-4125 or 250-0683. Find out immediate steps you can take to shift your paradigm to one of renewed health and wellness. Let



Nutrilogical Vitality help you make this your best new year ever!

Charlene Dengler is a registered nurse who began her career at the Miami Heart Institute. Her main focus continues to be a natural approach to health and wellness and desires to assist others in finding the correct pathway to their optimum vitality.

Ten Ways To Turbo Charge Your Immune System

by Sandra Gordon

You can take control. True, the world is filled with nasty viruses, bacteria and carcinogens just waiting to do you in. At the very least, they can cause temporary sickness and misery. Worse, they can make you more vulnerable to killer conditions like cancer. The good news? You don't have to take it. Here, simple ways to mobilize your immune system's illness-fighting forces—the T cells, natural killer cells and antibodies that declare war on the enemy and attack. Just follow these easy steps, and you'll increase your body's natural defenses against colds, flu and the chronic conditions we dread.

Guard against weight gain. Research shows that obesity may alter your immune-system response. Add to that the many health risks associated with being overweight (including heart disease, diabetes, and sleep apnea), and avoiding the 20- to 30-pound gain that many adults pack on as they age becomes an important way to safeguard your well-being, says Madelyn H. Fernstrom, Ph.D., director of the Weight Management Center at the University of Pittsburgh Medical Center. The number you don't want to hit: a body mass index (BMI) of 25 or higher, which is considered overweight. To determine your BMI, log onto <http://nhlbisupport.com/bmi/bmicalc.htm>, the Web site for the National Heart, Lung, and Blood Institute.

Get some shut eye. Studies suggest that sleep deprivation causes sluggish production of natural killer cells, a type of white blood cell that can obliterate certain microbes and cancer cells. While more researcher is needed, your best bet is to aim for a solid eight hours

of sleep each night, says Merrill Mitler, Ph.D., a professor of neural pharmacology at Scripps Research Institute in La Jolla, California. If that's not possible, nap if you can, and be sure to catch up on lost sleep on the weekends.

Don't be a fat phobic. A diet rich in omega-3 fatty acids (found in fatty fish like salmon) may help reduce your body's production of eicosanoids from omega-6 fatty acids, hormone-like substances that can over-stimulate your immune system, says Artemis Simopoulos, M.D., coauthor of The Omega Plan. That might explain why high levels of eicosanoids are associated with autoimmune conditions such as rheumatoid arthritis, diverticulitis, multiple sclerosis and lupus, which occur when an overalert immune system attacks the body's own cells as a "foreign invader." To up your diet's omega-3 intake, eat fish two or three times a week, Dr. Simopoulos recommends.

Go beyond broccoli. Eat your sweet potatoes, spinach, apples, oranges—the whole cornucopia. According to the American Institute for Cancer Research, a diet rich in fruits and vegetables (at least five servings a day) can reduce your cancer risk by 20 percent. A hefty dose of this "plant power" comes from cancer-fighting antioxidants. These nutrients help neutralize free radicals, unstable oxygen molecules produced by your body that can damage cell DNA and lead to cancer. The disease busters in plant foods tend to work best as a team, so aim for variety.

Give yourself a shot against illness. Talk to your doctor about getting a flu shot (which is 70 to 90 percent effective at preventing the illness in healthy young people) between September to mid-November—especially if you have a chronic condition like asthma, diabetes or heart disease, or you're age 50 or older. One caveat: The flu shot isn't recommended if you're allergic to eggs or have a history of Guillain-Barre syndrome, according to the Centers for Disease Control and Prevention in Atlanta.

Exercise your options. Doing moderate workouts (like walking or jogging) for at least 30 minutes five or more times a week can increase the circulation of immune-boosting natural killer cells in your body, even when you're at rest, according to Susanna Cunningham-Rundles, Ph.D., director of the immunology research laboratory at the New York-Presbyterian Hospital in New York City. But overdosing may work against you. The stress of intense exercise (approximately 75 minutes or more at a strenuous pace, or anything that makes you feel as

SEE "TURBO" PAGE 10.



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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

ANATOMY OF A TREND

How do you know what comes next? And what if you know, but no one believes you?

Henrik Vejlgaard is out there in the trenches of lifestyle, fighting to identify the next big thing. What comes after slick, sexed-up Tom Ford black leather? What comes after ultra-low-waist jeans? What comes after way-too-big, falling-down pants? What comes after eensy mini skirts? What comes after pricey designer "it" bags?

A gifted, attentive observer like Vejlgaard, a Dane who likes to watch people -- especially trendsetters -- and "is always paying attention to everything," can come up with dozens of new trends-in-the-making. It's intuitive. He looks, and he sees them starting.

It's his nature, and it's his job: Companies hire him -- www.henrikvejlgaard.com -- to tell them what their customers will want next. Trend forecasting may sound fluffy -- "Green is the new black? Oh, really?" -- but Vejlgaard argues it's a legitimate "method of understanding future needs."

The hitch? Too often he finds that it's easier to see the future than to convince his clients. Time and again, he tells them what's coming and they give him funny looks. They say, "How do you know?" or "How can you tell?" or "Why

would anybody want that?" or even, "That's crazy, nobody will ever want that."

I've been there -- e.g., in August, 1986, I said bike shorts were way too unforgiving and "just too funny-looking" for normal people to wear, even though designers like Claude Montana and Karl Lagerfeld and Sonia Rykiel were momentarily crazy about them. As you may not remember, by the summer of 1987 everybody -- 6-year-olds jumping rope on the sidewalk, guys washing their cars in the driveway, fat ladies at the mall -- was wearing them.

It's the same reaction Martha Stewart got the first time she told Kmart execs they ought to start selling 100 percent cotton sheets: "You must be nuts! Our customers like polyester!"

Vejlgaard says it happens all the time to professional trend prognosticators. Some of their predictions sound so unlikely and outlandish to the white-bread corporate types who hire them that they're discounted, written off as wild-eyed pie-in-the-sky. It's only later, when everybody else is already selling all-cotton sheets, that the white-bread corporate types see that the trend-seer was right all along. And what good is that? They needed to know ahead of time.

There's a reason the future looks weird before it gets here. The next really

big trend, Vejlgaard believes, is almost always the opposite of the trend we're in the middle of. And whatever trend we're in the middle of, especially if it's major, doesn't look like a trend, it just looks right, so compellingly right you can't imagine it changing. (A year ago, my design students insisted they would absolutely wear ultra-low-rise jeans for the rest of their lives, no matter what other people wore.)

In a pre-bike-shorts world, bike shorts looked impossible because they were so radically unflattering to everybody but Lance Armstrong. As indeed they are, as we see in retrospect -- but during the summer of 1987 they were so hot that it didn't matter.

In an easy-care, wash-and-wear world, it seemed preposterous that anybody would want 100 percent cotton sheets -- but then, magically, people started thinking natural fibers were cool, and synthetics were suspect, and at the same time they started caring more about how sheets felt than how they laundered.

Vejlgaard thought it might help to overcome the initial, intuitive objections of normal people to trend forecasts if he could come up with a systematic analysis of the trend process: How a trend starts, how it spreads, how it begins to seem desirable instead of flaky and weird, how it gathers strength, and how, eventually, it achieves such dominion that it no longer seems like a trend: It's just the way things are now.

So he wrote a book. In just over 200 pages, "Anatomy of a Trend" pins down the pattern every major trend follows and diagrams it in terms of who picks up on it when. At the apex of his diamond-shaped diagram is the trend creator -- in the case of fashion, maybe a big-name designer, maybe the first kid to wear his baseball cap backwards even when he wasn't wearing a catcher's mask.

First on board are the trendsetters -- people who aren't necessarily richer or better educated than average, but are way more curious, more interested in the new, less interested in being like everybody else, and delighted to be the first on their block to eat/drink/wear/drive/listen to the latest thing. Next to fall in line are trend-followers: Like the trendsetters, they're open to new things, but need the



Trend-seer Henrik Vejlgaard has seen the future -- it's what he does for a living. The hard part is getting his clients to see it. photo: Patricia McLaughlin

reassurance that they won't be the only one out there wearing spiked-up hair or foot-long fringe or five tartans at a time. Then come the early mainstreamers, folks who like to stay just a little bit ahead of the crowd. Mainstreamers fill out the wide middle of the diamond; they're folks who, without even necessarily meaning to, pick up on new things at about the same time everybody else does. Next come late mainstreamers, folks who finally buy a microwave when everybody else they know has one. Then come an even smaller group, conservatives, who like what they have now, and don't see the point of changing, even when everybody else does. At the bottom tip of the diamond live hard-core anti-innovators, people who don't accept innovation under any circumstances -- Vejlgaard uses the Amish as an example. They're still getting around in horse-drawn buggies while the early mainstreamers are getting used to cars with GPS.

You're thinking: Big deal, I could've figured that out.

But notice the usefulness of the diagram. It explains why the Kmart executives thought Martha Stewart's all-cotton sheets were a nutty idea: She's a trendsetter or a trend-follower, while they inhabited the mainstream. She was ahead of their time -- as a forecaster needs to be.

And it should explain to Vejlgaard's clients why some of his forecasts sound off-the-wall: That's how the future should sound to a businessman with his feet solidly planted in the mainstream.

For Whom?

from page 3.

they will settle down with National Geographic and Popular Science.

Thus, I would write for high school graduates in their most perceptive moments. Without "writing down," I would trim my writing vocabulary of most foreign phrases. I would make certain assumptions, e.g., that it would not be really necessary to distinguish Victor Hugo the writer from Victor Borge the entertainer.

Simple clarity, to repeat, cannot be the only goal of a writer. There is some obligation to expand a reader's knowledge, to inform, to arouse, to entertain. And as Dr. Johnson so eloquently

phrased it, only a blockhead ever writes except for money. A professional writer writes to make a living. Even so, we have to live with our elastic consciences, and we owe it to ourselves to enjoy what we do.

Thus I cheerfully forgive reader Crawford for his dactyldoody. I began today's homily with a suggestion that readers and writers should lucubrate together. You could look it up. It's what we do to a rusty wheel.

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is [kilpatjj\(at\)aol.com](mailto:kilpatjj(at)aol.com).)

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Social Security & You

by Melinda Minor, District Manager - Pueblo



A BOOST FOR PEOPLE WHO GET SOCIAL SECURITY

The New Year ushers in many changes. One important change for most people who receive Social Security or Supplemental Security Income (SSI) payments is a benefit increase in 2008.

Beginning January 2008, a 2.3 percent cost-of-living adjustment (COLA) will be applied to all Social Security and SSI payments. As a result, the average monthly benefit for a retired worker in January 2008 will be \$1,079 (up from \$1,055) and the average monthly benefit for a disabled worker in January 2008 will be \$1,004 (up from \$981).

For people who receive SSI, the maximum federal payment amount will increase to \$637 (up from \$623).

There are other Social Security changes in 2008 that also are worth noting. For example, in 2008, a worker will pay Social Security tax on up to \$102,000 of annual earnings (up from \$97,500). The tax rates remain the same. Employees will continue to pay 6.2 percent on their wages and the self-employed will continue to pay 12.4 percent on their net earnings. The Medicare tax rate will continue to be 1.45 percent (2.90 percent for those who are self-employed) and there is no limit on the amount of earnings subject to the Medicare tax.

A worker will earn one credit of coverage after paying taxes on \$1,050 in earnings (up from \$1,000). As always, four credits may be earned each year and a person generally needs forty credits to be eligible for retirement benefits.

To learn more about these changes that will take place in 2008 and to find other important Social Security information, visit the Social Security website at www.socialsecurity.gov.

WATCH OUT FOR SCAMS

It seems there are scams all over the place these days. You've won the lot-

tery of some obscure country or a needy millionaire in Europe is seeking your help transferring funds to the United States.

These kinds of scams can be upsetting, particularly when you realize the reason they exist — because so many people fall for them.

Especially upsetting are the scams that target people who depend on Social Security benefits — and use Social Security's name in their shady dealings.

Recently, we have heard of a number of scams where individuals posing as Social Security employees call and ask for personal information like your name, Social Security number and bank account information. The caller alleges that we need this information so we can issue you additional funds or rebates or they allege that because of a computer glitch your personal information has been lost.

Another scam used an email that was designed to look like it came from Social Security. It provided information about the annual cost-of-living-adjustment and directed readers to a website designed to look like Social Security's site so people could "update their information" — valuable information to identity thieves and criminals.

In an effort to combat such scams, we want to make one thing perfectly clear: Social Security will not send you an email asking you to give us your personal information, such as your Social Security number, date of birth, or other private information. If someone saying they are from Social Security does email you requesting information, don't respond to the message. Instead, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.

Whatever you do, don't fall victim to a scam. Don't give out your personal information.

Social Security and the Office of

Inspector General (OIG) take these scams very seriously. We do everything we can to stop the perpetrators and educate the public. To report suspicious activity, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101.) A Public Fraud Reporting form is also available online at OIG's website: www.socialsecurity.gov/oig.

Of course, there are times when Social Security may contact you to update your information. At such times, you will always receive prior notification from us by mail or telephone before a personal visit is made. When in doubt, contact us at 1-800-772-1213 (TTY 1-800-325-0778) and we can verify the identity of the Social Security employee who has contacted you.

APPLY NOW FOR MEDICARE PART D 'EXTRA HELP'

Have you, or someone you know, reached age 65 this past year? If so, you may be eligible for Medicare and for the Medicare Part D prescription drug coverage—and now is the time to do it. Open season for the plan began November 15 and ends on December 31.

There is also "extra help" available to some Medicare beneficiaries.

The extra help is intended for people who have limited income and resources. If you qualify, you will get help paying for your Medicare prescription drug plan's monthly premium, as well as for deductibles and co-pays. The amount of extra help you would get is based on your income and resources, but could be worth as much as \$3,600 per year.

Basically, to qualify for the extra help, you must have:

- Income limited to \$15,315 for an individual, or \$20,535 for a married couple living together; and

- Resources limited to \$11,710 (\$12,440 in 2008) for an individual, or \$23,410 (\$23,970 in 2008) for a married couple living together. (Resources include such things as bank accounts, stocks and bonds, but would not include your house or car.)

Note that in some situations, these limits may be higher.

Eligible Medicare beneficiaries can sign up for the Part D prescription drug plan from November 15, 2007 to December 31, 2007. In most cases, if you don't apply by December 31, 2007, and you don't currently have a drug plan that, on average, covers at least as much as standard Medicare prescription drug coverage, you will have to wait until November 15, 2008 to apply.

At that time, your premium cost will go up at least one percent per month for every month that you wait.

You can apply for the extra help anytime — not just during open season — by visiting our website at www.socialsecurity.gov or calling Social Security at 1-800-772-1213 (TTY 1-800-325-0778). Don't delay!

SAVE SOME TIME OVER THE HOLIDAYS — ONLINE

Many people have found a new way to deal with the many chores of the holiday season — by going online. Some shoppers have eliminated the need to go to crowded shopping malls for gifts by taking care of it all online. Other people pay their bills right over the Internet to save the time of writing checks or withdrawing cash for all of the season's purchases.

You'll find convenient, secure transactions can also be found in places you may not ordinarily think to look — for example, at Social Security!

You can apply for benefits, obtain infor-

mation, plan for retirement, and request a replacement Medicare card, even apply for extra help with your prescription drug costs all at www.socialsecurity.gov.

According to a recent survey, Social Security's online retirement benefit application once again ranked at the top of all Federal government websites in customer satisfaction. Our "Application for Help with Medicare Prescription Drug Costs" finished second, with several other Social Security website services making the top 10 of the survey.

Much of your Social Security business can be handled quickly and securely from your own home or office computer. If you just visit our website at www.socialsecurity.gov you will find that you can —

- file for retirement, disability and spouse's benefits;
- check the status of your benefit application;
- change your address and/or phone number, if you receive monthly benefits;
- sign-up for direct deposit of Social Security benefits;
- use agency benefit planners to help you better understand your Social Security protection as you plan for your financial future...and then use convenient benefit calculators to figure your monthly benefit amounts;
- find the Social Security office closest to your home; and
- request a replacement Medicare card.

Looking for more Social Security information? You can go online to find out almost anything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to how to go back to work while receiving disability benefits.

This holiday, have more time to visit with friends and family. Take care of any Social Security business you may have at www.socialsecurity.gov.

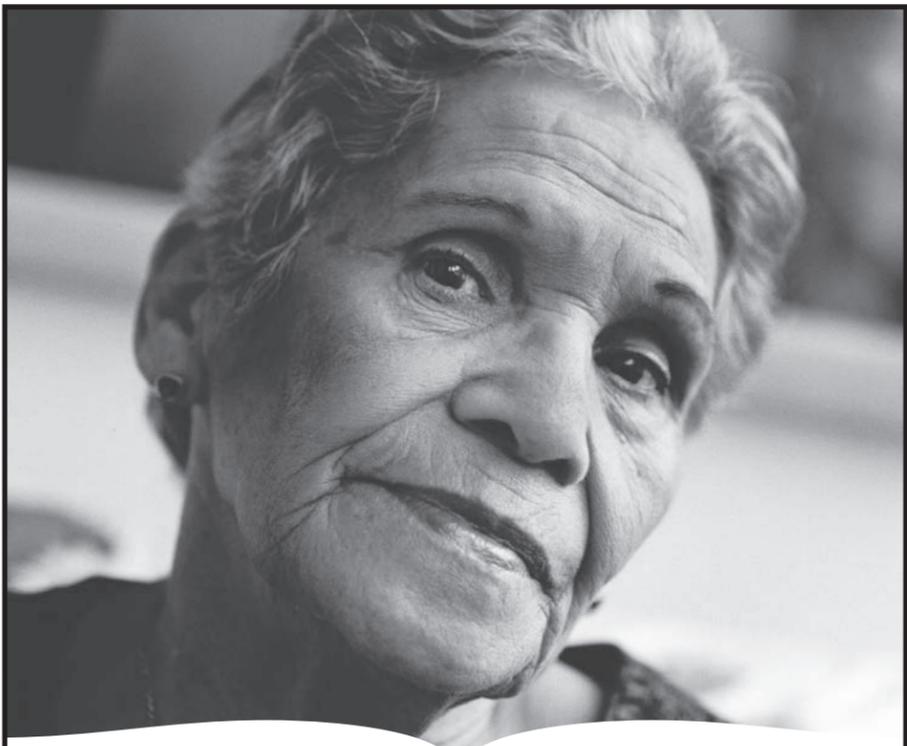
QUESTIONS AND ANSWERS GENERAL

Question: I recently heard that I will get a 2.3 percent increase in my Social Security benefits in January 2008. How is that figure determined?

Answer: The annual cost-of-living-adjustment, or COLA, is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of one year to the third quarter of the next. The CPI-W is determined by the Bureau of Labor Statistics. To learn more about the COLA and Social Security, visit www.socialsecurity.gov.

Question: I got an email that says it's from Social Security, but I'm not so sure. They want me to email back with my personal information. Did it really come from Social Security?

Answer: No. Social Security will not send you an email asking you to give us your personal information, such as your Social Security number, date of birth, or other private information. Beware of such scams — they're after your information so they can use it. Sometimes a Social Security representative may contact you for information, but not by email. If someone saying they are from Social Security does email you requesting information, don't respond to the message. Instead, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.



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E-060615-60 AC



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“A CLEAN SLATE!”

“New Year’s eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights.” ~Hamilton Wright Mabie

As I ponder the new-year at hand while writing this article, memories of victories and tragedies from the past 12 months race through my mind like a roller coaster out of control. Some I will treasure and others I wish to forget entirely. Each year is barely a hiccup in the span of time and before I complete my list of resolutions it’s time to start over. I like this wish from Joey Adams, “May all your troubles last as long as your new year’s resolutions!” And this tidbit of wisdom from F.M Knowles, “He who breaks a resolution is a weakling; He who makes one is a fool.” There is a reason God told us not to make vows.

After many failures, I find it best not to make resolutions but to look forward with anticipation to wonderful new opportunities. However, there is one piece of luggage no one should carry into any new year or, for that matter, any new day. It is the baggage called unforgiveness. Like an ugly unyielding disease, unforgiveness attaches itself to my spirit and drags me into the pit before I realize what is hap-

pening. I didn’t have to rummage too deeply in my storehouse of memories to find a story about unforgiveness in my life and how God dealt with me. I needed a clean slate! What does yours look like?

For years, *Sara was one of my dearest friends. As a new Christian, I found her understanding of the Word incredibly valuable. She shared Christian teaching tapes with me which helped me grow in my walk with the Lord Jesus. Sara and I spent many hours over coffee at her kitchen table discussing the Word and different aspects of Christianity. We talked, laughed and prayed and sometimes even cried together.

I grew to trust Sara at a time when I found it difficult to trust anyone. Perhaps that’s why her betrayal wounded me so deeply. Hers was serious betrayal, to the point of putting my life in danger. At first, I found it hard to believe, but soon realized it truly had happened. Our friendship was destroyed. I ceased all communication with her and didn’t see her for several years. I didn’t realize I was withholding forgiveness from her. I just didn’t want to be near her because I could no longer trust her.

One day, a mutual friend informed me Sara had been diagnosed with Alzheimer’s. I was saddened for her family and sorry for Sara. Alzheimer’s disease is a horrible way to lose a loved one. However, I still made no effort to visit her. God will not tolerate unforgiveness. His Word is very clear on the subject. Jesus said, “For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” Matt 6:14-15 NIV For Christians, FORGIVENESS IS NOT AN OPTION!

The Holy Spirit deeply convicted me. Quotes jumped off the pages when

I was reading. Mark Twain’s words were like an auger deep in my heart, “Forgiveness is the fragrance the violet sheds on the heel that has crushed it.” Even words from Mahatma Gandhi convicted me. “The weak never forgive. Forgiveness is an attribute of the strong.”

Why is it harder to forgive a friend than an enemy? I think it is because we don’t expect friends to hurt or betray us. Nevertheless, forgiveness is not an option, regardless who has offended us. I knew this and still refused to go to Sara’s home.

A few months passed and I learned Sara planned to move to another state to live near her children. During a Sunday service the pastor’s message was on forgiveness. His words pierced my heart like a hot iron. Through the sizzle, I heard my Father’s voice, “You must forgive Sara and TELL her she is forgiven!” His words rang in my ears. I left church and drove directly to Sara’s home.

Knocking on the door took great effort, unsure of her reception. She opened the door and her face lit up. “JAN! Come in!” She grabbed me and gave me a big hug. “It’s been SO long! I’ve missed you.” She directed me to a chair and I sat down. My words had to come quickly or they might not come at all. “Sara,” I began boldly, “I came to tell you that I forgive you for betraying me.” She breathed a huge sigh and tears filled her eyes. “Oh, Jan,” she exclaimed. “Thank you!”

We talked a bit about her betrayal and the danger she put me in. Then, with that out of the way, the slate was clean and we caught up on other things.

Strange and almost miraculous how forgiveness crumbles walls and our conversation picked up where we left off years ago. We laughed and cried, reminisced and prayed. Together, we grieved her

diagnosis and she shared that she would be leaving the next day. I had no idea she was leaving so soon... but God knew. This was my last opportunity before Sara left town to let her know she was forgiven.

I left Sara’s house lighter than I had been in months. A burden was lifted and I praised God for his convicting, demanding voice in my spirit that drove me to Sara’s house that day.

Unforgiveness is an unbearable burden that causes unnecessary physical, spiritual and emotional damage. Forgiveness is a decision. But it is NOT an option. A chapter title in one of my favorite books is titled, “IT’S NOT WHAT YOU EAT, BUT WHAT EATS YOU!” It deals with the horrible physical problems bitterness and unforgiveness cause. Ulcers, cancer, heart problems and on and on the list goes. Unforgiveness will eat you alive from the inside out. It is a horrible burden Jesus Christ died to free you from. Jesus wants to set you free. If you are withholding forgiveness from someone, let this be the year you lay it down. Clean the slate! Forgive and walk in freedom. “So if the Son sets you free, you will be free indeed.” John 8:36-37 NIV

“To forgive is to set a prisoner free and discover that the prisoner was you.” ~Lewis B. Smedes,

*Name has been changed

Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail, akingskidinco@msn.com or phone 719-275-6971.



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Where Are They Now?

by Marshall Jay Kaplan

Cast of F Troop

It has been over 40 years since the TV western-comedy, F Troop, mosied across our television screens. Although the show only lasted two seasons, it is still fondly remembered and continues to have a loyal league of fans. Well, it’s time to rally up the ‘troops’ and touch base with the stars of F Troop.

F Troop was a western sitcom about a fictional army outpost in 1865 Kansas where an accident-prone officer oversees the most useless of soldiers.

Accident-prone ‘Captain Wilton Parmenter’ was played by Ken Berry. Berry was born on November 3, 1933 in Moline, IL and began his career as a dancer and eventually moved into television as an actor and comedian on such shows as Ed Sullivan and Dr. Kildare, until becoming a household name on F Troop.

After the series ended, Berry continued to be a mainstay on television. He starred on Mayberry RFD, had his own TV show and was a regular guest on The Carol Burnett Show – this led to his co-starring on the comedic spin-off, Mama’s Family, with Vicki Lawrence. After his roles on regular series ended, Ken toured the U.S. on stage in musicals and made guest appearances on sitcoms – most notably on The Golden Girls. The past ten years Ken has somewhat retired and resides in a suburb of Los Angeles. He does respond to email, has a website and reunites with fellow F Troop’s co-stars at conventions.

Manic and comedic character actor, Larry Storch is known not only as Forrest Tucker’s sidekick, Cpl. Randolph Agarn on F Troop, but is also known for his amazing range of voices and accents.

Larry Storch was born on January 8, 1923 in New York, NY. Growing up in Brooklyn, Larry adopted and then mimicked the ethnic accents that surrounded him – adding a comedic flair. In turn, he began appearing on local stages in NYC – eventually appearing on live television variety shows of the 1950’s. At one point, he even had his own show! After playing guest roles in numerous plays, films and TV programs, Larry was finally given a regular, co-starring role on F Troop and audiences finally knew the name to the face.

After the series, Storch continued to bring his flair for comedy and impressions to the stage, film and TV shows – and has continued to do so for the past 40 years! An amazingly long career! Storch currently resides in New York City and responds to autograph requests.

Melody Patterson, aka ‘Wrangler Jane’ was born on April 16, 1949 and was only sixteen years old when she won the role of ‘Wrangler Jane’ on F Troop – the girl who loved stray critters and ‘Captain Parmenter’. Her career on TV and in films was very, very shot, but she has maintained her connection to acting through regional theatre. For five years (1970 to 1975) she was married to Hawaii Five-O actor, James MacArthur. Melody currently performs alongside banjo-playing husband, Vern Miller at different venues in California and Nevada. As well, she and Vern, operate the F Troop website and reside in Branson, Missouri.



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Grandparenting: "Youthful Gift & Duly Noted"

Dear Grandparenting: Just about every year, my sisters and I bend over backwards thinking of what to get our grandmother for Christmas. Everybody knows it's impossible to give grandparents a present that really hits their sweet spot, because they already have everything they really need. The only thing our grandmother really wishes for is "to be young again," as she puts it.

That got us to thinking. We finally came up with the idea of giving grandmother her choice of plastic surgery. She can have any operation she wants, as long as it doesn't break our bank. We're going to pool our savings to pay for it, and get cash advances from our credit cards if needed.

We realize this is in no way a traditional Christmas gift, and may strike some people as crazy. But I think grandmother will know we actually put a lot of thought into this. One of my sisters worries we might wind up insulting grandmother, and give her the idea we

think she's ugly. Does this idea have your blessing, or is it too off the wall? It's sure beats the wrinkle cream she's always using! Sandy North, Grosse Pointe, MI

Dear Sandy: We're unsure just how granny will respond, but elective cosmetic surgeries are definitely on the rise among seniors, reports the American Society of Plastic Surgeons. And we doubt granny will be offended by your generous offer, since you're not specifying which part of her will receive the surgery. Go for it!

GRAND REMARK

Roxanne from Kingsport, TN sent us her granddaughter's theory of what causes baldness. "They eat so much it pushes their hair right through the top!"

DULY NOTED

Dear Grandparenting: Time and again I've told my grandchildren here's how Christmas works: I send them a nice present, and they write me a nice thank-you note. I have five grown grand-

children. Last year, I received two letters of thanks, which is about average. One of my grandchildren, sounding very exasperated, explained what a terrible burden I placed on her.

"But Granny," she said, "that means I have to write a letter, then print it on my computer, then find an envelope and address it, and then ask my mother for a stamp!"

The problem, as I see it, is that today's kids want the quick and easy way out. They want to pick up the phone, thank me, and be done with it. But since I give them something of value, they can return the favor by giving me something I value - a personal note of thanks that I save to read when I'm feeling lonely. Is that too much to ask? Louise, Casa Grande, AZ

Dear Louise:

We will venture to guess that many of today's younger generation will live and die without ever having put pen to paper to compose a personal letter. Blame email and text messaging; tech-

nology's turnaround time has made letter writing practically obsolete. A recent U.S. Postal Service survey found that personal mail has decreased by one-third in past 25 years, to about one piece a week per household.

But the flame still flickers for the human touch letters provide.

According to American Greetings research, half of those surveyed yearn to receive more personal mail. Looking for the perfect gift to revive the dying art of personal letter writing? Try giving your grandchildren some nice stationery for Christmas, perhaps personalized with their names on the letterhead. That might do the trick.

GRAND REMARK

"My grandson Theo overheard me say life begins at 65," said the newly retired Alex Roy from New York. "So Theo says, 'My life begins at 3. That's when school lets out.'"

Southern Colorado Community Blood Drives For January, 2008

CANON CITY COMMUNITY - Canon City Community Blood Drive - Tuesday, Jan. 15 from noon to 4:30 p.m. Located at the Evangelical Free Church, 3000 E. Main St., Canon City

For more information or to schedule an appointment please call Terry Marion at (719) 372-7577 or visit www.bonfils.org Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

LAS ANIMAS COMMUNITY - Las Animas Elementary Community Blood Drive - Tuesday, Jan. 4 from 2 to 6 p.m. Located at the Las Animas Elementary School, 530 Poplar Ave., Las Animas

For more information or to schedule an appointment please contact Frances Wight at (719) 456-2608. Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

ORDWAY COMMUNITY - Ordway Community Blood Drive - Tuesday, Jan. 8 from 3 p.m. to 6:30 p.m. Located at the

Ordway Building Supply at 112 W. 2nd St., Ordway.

For more information or to schedule an appointment please contact Sheryl at (719) 267-3555 or www.bonfils.org. Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

ROCKY FORD COMMUNITY - Rocky Ford High School Community Blood Drive - Wednesday, Jan. 3 from 1 to 6 p.m. Located at 100 West Washington, Rocky Ford

For more information or to schedule an appointment please contact Deb Schmidt at (719) 254-6010. Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

SALIDA COMMUNITY - Salida Community Blood Drive - Wednesday, Jan. 16 from 11 a.m. to 4:30 p.m. Located at Salida High School, 905 D St., Salida

For more information or to schedule an appointment please contact Bonfils'

Appointment Center at 1-800-356-0006, ext. 2 or visit www.bonfils.org

Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

WESTCLIFFE COMMUNITY - Custer County Consolidated School Community Blood Drive - Thursday, Jan. 31 from 1 to 4:30 p.m. Located at 709 Main St., Westcliffe.

For more information or to schedule an appointment please contact Vania Nameth at (719) 783-4956 or visit www.bonfils.org

DETAILS:

In between realizing your New Year's resolutions and weekend, mountain getaways ... be sure to take a little time to make a big difference this winter by giving blood. Giving blood takes less than an hour and your donation can help save and enhance the lives of up to three patients.

It can be difficult to maintain the community blood supply in the winter

months, with blood donations declining up to 20 percent due to holiday activities, bad weather and cold and flu season.

Help us celebrate National Blood Donor Month in January by becoming one of the 4,000 blood donors needed each week to meet the needs of our community and be prepared for unforeseen events. Donors who give now through Saturday, Jan. 26 will receive a cozy long-sleeved t-shirt in appreciation of their donation.

With nine community donor centers and as many as 13 mobile blood drives each day there is sure to be a donation location convenient to wherever your winter activities might take you. For more information about Bonfils Blood Center, please visit www.bonfils.org or call (303) 363-2300 or (800) 365-0006.

Julie A. Scott - Public Relations Specialist - www.bonfils.org - 303.361.2873 (direct); 303.363.2309 (fax)

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Ann Coulter: "Joe McCarthy Invented The Internet?"

The October 2007 Vanity Fair had a long, gaseous article explaining how the pro-Bush bias of the mainstream media cost Al Gore the 2000 presidential election. (For you kids out there too young to remember, Al Gore is a vaguely gay, morbidly obese former Clinton administration official who raised campaign cash from Buddhist monks and claimed he invented the Internet.)

Meanwhile, Republicans can barely remember that just a few years ago, former Clinton crony and current Hillary adviser Sandy Berger stuffed top-secret national security documents in his pants, snuck them out of the National Archives and destroyed them.

But liberals are still fighting the 2000 presidential election -- if only to take a break from fighting the 1973

Chilean coup by Augusto Pinochet. They never rest, they never give up, they never stop lying. Liberals lie and lie and lie and then, the moment conservatives respond, they shout: OLD NEWS!

By my rough estimate, there have been one zillion books, movies, plays, allegories, interpretive dances and limericks about the Dark Night of Fascism Under Joe McCarthy (DNFUJM).

The anti-McCarthy oeuvre has zippy titles, such as "The Nightmare Decade: The Life and Times of Senator Joe McCarthy," "Joe McCarthy and McCarthyism: The Hate That Haunts America" and "How I, Al Gore, Stopped Joe McCarthy's Hate Campaign" -- although that last one may have been made up during the 2000 campaign by a hostile media.

Fifty years later, the only true history book ever written about McCarthy has finally been released: M. Stanton Evans' "Blacklisted by History: The Untold Story of Senator Joe McCarthy and His Fight Against America's Enemies." Liberals have responded with vicious attacks and -- naturally -- claims the book merely recites "old news."

So I think I'm entitled to at least a few columns on the book that finally tells the truth about the DNFUJM.

"Historian" Ronald Radosh's slanderous attack on Evans' book in the Dec. 17 National Review delusionally claims that Evans used Radosh's own crappy book, "The Amerasia Spy Case: Prelude to McCarthyism," as a primary, uncredited source for "Blacklisted by History."

It is now painfully clear that Radosh was the Yoko Ono of that collaboration. Radosh's co-author, Harvey Klehr, at least went on to write wonderful, scathing accounts of liberal collaboration with communism, including "Venona: Decoding Soviet Espionage in America" as well as one of the greatest books ever written, "In Denial: Historians, Communism and Espionage."

Consequently, I shall now refer to Klehr's only bad book as "Radosh's book."

Here is a complete summary of Radosh's book on Amerasia: Liberals were wrong -- but so were right-wingers! Now let's talk some more about the failings of right-wingers.

Radosh's book hints at the fact that John Stewart Service, U.S. diplomat and communist collaborator, connived to turn over China to Mao Zedong and passed hundreds of pages of classified government documents to Soviet spies working at the magazine "Amerasia." (Or as Radosh put it, liberals whose careers "suggested" they were Soviet spies.)

Radosh then massages these facts to death until the whole story is whittled

away to nothing. This allows Radosh to turn to the real knives of the story: right-wingers.

Not surprisingly, a few years after the release of Radosh's snoozefest of a book, The New York Times' obituary on John Stewart Service could say that Service "filed prescient reports" from China on the weakness and corruption of Chiang Kai-shek's Nationalists -- who happened to be our allies, under siege from Mao Zedong's Communists.

As Evans' book makes eminently clear, this is like saying: "John Hinckley wrote prescient reports that Reagan would be shot."

Although it is possible, with a great deal of work, to slog through Radosh's endless "on the one hand, on the other hand" disquisitions in order to glean an occasional fact from his Amerasia book -- presumably inserted by his co-author Klehr -- it is not possible to believe that Evans got a single comma from Radosh's book.

Radosh's boast is a bit like claiming that Martin Scorsese's film "The Last Temptation of Christ" was a primary, uncredited source for the authors of the holy Bible.

Evans' copiously footnoted book makes clear that his Amerasia information comes directly from the FBI's files. Not only that, Evans has been writing about the FBI files on Amerasia since at least 10 years before Radosh's book.

Among the reasons we know this is from Radosh's own book -- published in 1996 -- in which Radosh attacks Evans by name for an article Evans wrote about the FBI's Amerasia file in Human Events -- in 1986. Radosh's book is so bad, apparently even he can't bear to read it.

So it takes a special sort of fabulist to write, as Radosh does in National Review: "Full disclosure: Harvey Klehr and I are co-authors of 'The Amerasia Spy Case: Prelude to McCarthyism,' a book from which Evans takes virtually all of his material and which he does not acknowledge."

If Evans had done that, instead of an exciting book full of true spy stories and dastardly Democratic malfeasance based on FBI wiretaps and surveillance, he would have written a boring book with an endless amount of agnostic gymnastics to avoid saying there was a Democratic cover-up. You know, like Radosh's book.

Radosh has been on the fence so long that the fence has pierced his buttocks and is affecting his brain.



Turbo Charge Your Health

FROM PAGE 5.

if you're pushing yourself too hard) may stimulate stress hormones like cortisol, which some studies suggest can suppress natural killer cells. The upshot? If you're a long-distance runner or serious athlete, you may be at increased risk for colds and flu. Take other stay-healthy steps, like getting plenty of sleep, eating a well-balanced diet and asking your doctor about a flu shot, recommends Cunningham-Run-

ston Medical School. Runaway stress can also make you susceptible to colds and aggravate chronic conditions such as asthma and allergies. "Recognize your limitations and give yourself permission to have time just for you," she advises. Schedule in at least 20 minutes of daily down time, and find a hobby that lets you have fun.

Get more zinc. Most Americans fall short of the daily recommendation for zinc (12 milligrams) by about 20 percent. Besides being a free-radical-fighting antioxidant, zinc enhances the quality and number of your body's T cells, major players in the immune system that combat viruses and bacteria. Getting enough may increase your resistance to infectious such as diarrhea and pneumonia, says Sunil Sazawal, Ph.D., an associate scientist in the department of International Health at Johns Hopkins University in Baltimore. Fill your quote by adding zinc-rich foods like lean meat, fish, poultry and beans and nuts to your diet.

Don't go it alone. Can you name someone who'd help you in a pinch? Do you have a confidante? Answering yes puts you at lower risk for illness, particularly heart disease, says Marty Sullivan, M.D., codirector of the Integrative Medicine Initiative at Duke University Medical Center in Durham, North Carolina. Studies show that people who have a diverse social network (including friends, family, coworkers, etc.) have greater resistance to colds.

Don't get caught dirty handed. Be sure to wash your hands before eating and after using the bathroom, changing a diaper and touching raw meat, poultry, fish or eggs. Hand washing is one of the most effective ways to prevent microbes that cause colds, flu and foodborne illness from entering your body. And don't worry about buying special anti-bacterial soap. Plain soap will do.

Take a breather. Evidence suggests that unmanaged stress sets off a chain of hormonal events that can decrease the activity of natural killer cells, says Gailen Marshall, M.D., Ph.D., director of the division of allergy and immunology at the University of Texas-Hou-

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Traveling: There's Nothing Like A Holiday!

Oh La La: The Best Hot Chocolate In Paris

by Elliott Hester

On cold, damp, wintry days in Paris, nothing is more satisfying than a steaming cup of hot chocolate. Not the faux hot chocolate made with warm milk and sweetened cocoa powder. Not the counterfeit concoction made with milk and chocolate syrup.

I'm talking about the rich, creamy blend of genuine dark chocolate and steamed milk. The French call it "chocolat chaud." I call it simply delicious.

Only select cafes and restaurants offer authentic chocolat chaud. But you'll find it at virtually every "salon de the" (teahouse). The dark chocolate is imported from Africa or South America and usually boasts a cacao content of 70 percent or more. It is melted, mixed with steamed milk or cream and served with a glass of cold water on the side. (The chocolate is so rich that you need occasional palate-cleansing sips of water.)

Most Parisians will tell you that Angelina serves the best chocolat chaud in Paris. On Rue de Rivoli across from the Tuileries Gardens, this antique teahouse is all frescoed walls and gilded mirrors.

I ordered Chocolat a l'Ancienne dit "Africain" (traditional chocolate the

African way). Made with pure chocolate from the Ivory Coast, it's as thick and creamy as hot fudge. The hot chocolate arrived in a porcelain pitcher that held enough for two full cups. To sweeten the drink even more, I added scoops of real whipped cream. It sent me to heaven in one of Angelina's gold-rimmed cups.

A lesser-known but equally enchanting salon de the, Les Cakes de Bertrand, is in the old Bourdaloue chocolate factory, down the hill from the Basilica of Sacre-Coeur in Montmartre. This cozy tearoom accommodates a maximum of 30 guests. Some come for the apple rhubarb crumbles and 25 different types of tea. I come to sip Chocolat Maison l'Ancienne.

Dalloyau is a chocolate institution. In 1802, the patisserie began serving pastries and chocolate to adoring Parisians. Since then, it has expanded to seven Paris locations that sell a combined 55 tons of chocolate each year.

In the amber-lighted tearoom on the second floor of Dalloyau's Rue du Faubourg St.-Honore location, I saw chic French women sipping Colombian chocolat chaud. They chatted quietly, fur coats draped over their chairs, while I devoured a cup of my own.

In trendy St.-Germain des Pres, two famous restaurants cater to chocolat chaud addicts. Cafe de Flore (where James Baldwin wrote his first book, "Go Tell It on the Mountain") gets my vote for best delivery. The Chocolat Special Flore is mixed with a bit of caramel and served in a silver pitcher that is delivered on a silver platter. A decorative potholder, with which to lift the searing-hot pitcher, is tucked inside the porcelain coffee cup.

Steps away at Les Deux Magots -- where Jean-Paul Sartre and Simone de Beauvoir reigned over a postwar intellectual crowd -- the Chocolat des Deux Magots a l'Ancienne is to die for.

But of all the Paris spots in which to sip authentic chocolat chaud, my favorite is Le Flore en l'Ile. Poised on the western tip of Ile St.-Louis, the dining room offers a dramatic view of Notre Dame Cathedral.

Unlike the aforementioned haunts, the Chocolat Chaud a l'Ancienne at Le Flore en l'Ile is not blended in the kitchen. Instead, the melted chocolate (78 percent cacao) is served separately in a tiny silver pitcher. A tall pitcher of steamed milk is served along with it. Simply pour the chocolate in the porcelain cup, add the right amount of steamed milk and voila! You've got a mouth-watering cup, blended to perfection.

Dare I say, it's as good as the chocolat chaud at Angelina's.

IF YOU GO
To call the numbers below from the United States, dial 011 (the international dialing code), 33 (country code), 1 (city code for Paris) and the local number.

* Angelina, 226 Rue de Rivoli;



The Chocolat Chaud a l'Ancienne at Le Flore en l'Ile is perhaps the best hot chocolate in Paris. photo: Renaud Visage

telephone 4260-8200, open 8 a.m. until 7 p.m. Monday through Friday, 9 a.m. to 7 p.m. weekends.

* Le Flore en l'Ile, 42 Quai d'Orleans, l'Ile St.-Louis; 4329-8827, open 8 a.m. to 2 a.m. daily.

* Les Cakes de Bertrand, 7 Rue Bourdaloue; 4016-1628 or www.lescakesdebertrand.com, open noon to 3 p.m. Monday through Friday, closed weekends.

* Dalloyau, 101 Rue du Faubourg du St.-Honore (six additional Paris locations); 4299-9000 or www.dalloyau.fr, open 8:30 a.m. to 7:30 p.m. weekdays, 9 a.m. to 7:30 p.m. weekends.

* Les Deux Magots, 6 Place St.-Germain des Pres; 4548-5525 or www.lesdeuxmagots.fr, open 7:30 a.m. to 1 a.m. daily.

* Cafe de Flore, 172 Boulevard St.-Germain; 4548-5526, open 7:30 a.m. to 1:30 a.m. daily.

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President's Retreat Was Fit For The New Deal

by Jay Clarke

WARM SPRINGS, Ga. -- It was America's first "Little White House," and the odd thing is that Franklin D. Roosevelt's retreat here got that name even before he was elected to the presidency.

"It was first termed 'Little White House' in spring of 1932, a month after it was built. I guess everyone here knew he was going to be elected," says David Burke, an interpreter at Roosevelt Little White House State Historic Site. At the time, Roosevelt was governor of New York, but he was soon to be nominated as the Democratic candidate for the presidency.

Today, the cottage that FDR built -- and where he died in 1945 -- is visited



Despite its name, Franklin D. Roosevelt's Little White House was a homey cottage rather than a regal residence. photo: Jay Clark

by more than 100,000 people a year. Many of those who come here also visit nearby Callaway Gardens in this Pine Mountain area, one of Georgia's most popular attractions. Pine Mountain is just an hour's drive southwest of Atlanta.

Despite its pretentious name, the Little White House is not at all presidential. It's a homey cottage with just three bedrooms -- one for the president, one for first lady Eleanor and one for FDR's secretary. And though electric refrigerators were common in the 1940s, the kitchen has an ice box as well as an old Westinghouse stove.

In the living room, visitors can see where the president suffered a massive stroke and died while having his portrait painted on April 12, 1945. That unfinished painting is now on display in the Legacy building, one of several added to the site much later.

Roosevelt, a victim of polio in 1921, a year after he had run for vice president on the Democratic ticket, first

SEE "RETREAT" PAGE 16.

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Well Dressed Garden: Corporate Landscaping Tips To Go

by Marty Ross

The next time you're idling in a drive-through lane, waiting to pick up a burger, take a look around for some gardening ideas. Corporate landscaping can offer a lot of useful tips to go with your lunch.

Local ordinances often require businesses to plant trees, shrubs and flowers outside their establishments, and the best businesses give this obligation considerable thought. Just as a good-looking front yard enhances a house and makes a statement about the family living there, cheerful flowers and well-maintained landscaping around a gas station, hamburger stand or corporate campus let customers and passers-by know that the business wants to be a good neighbor.

"It all starts with the outside," says Don Wetherby, vice president for engineering at Wendy's. "We know good landscaping speaks volumes about the inside of a store, and for potential customers, it might tip the scale" when they're deciding where to take their business.

Up to 70 percent of sales at Wendy's are from the drive-through lanes, Wetherby says, and customers in a burger line should have something attractive to look at while they wait. Healthy, hardy shrubs are the backbone of such landscaping, but pretty flowers also catch the customer's roving eye.

If you see an idea that you like, go ahead and try it at home.

"Plagiarizing is the finest form of landscaping," says Jimmy Turner,

director of horticulture research at the Dallas Arboretum. Turner applies his discerning designer's eye to landscapes whether he's driving 65 mph on the highway or waiting for a traffic light or a bite to eat. He's always looking for ideas.

Bright colors are irresistible, Turner says.

"From Mary Kay to Frito-Lay, one of the best-selling colors for corporate landscapes is screaming yellow," he says. "If you plant lavender out there, people won't notice."

Turner likes to see flashy yellow, orange and other traffic-stopping colors set off by trees and shrubs. A restaurant might plant a low hedge of evergreens, for example, with some ornamental grasses chosen for their subtle color and interesting foliage texture, and then a vigorous band of eye-popping color.

Evergreen background plantings show off flower color particularly well and give the corporate landscape structure and substance through the seasons, Turner says. The idea works well at home, too. A garden with nicely planted evergreen shrubbery will never look run-down.

Junipers might be used as a backdrop plant; boxwood, yews or hollies serve the same purpose. Ornamental grasses add a lively touch. Annual flowers planted against a strong background of evergreens are almost like the pillows on a sofa -- they're there to provide splashes of color, to reflect the season or just to hit a cheerful note.

Corporate landscaping tends to rely on annuals to capture the spirit of the changing seasons. Pansies, which are so tough and good-looking, are typical in winter, Turner says. Then come tulips in spring, lantanas and other heat-tolerant plants in the summer and chrysanthemums in the fall.

Turner admires choices that take the style and color of the building behind them into consideration. If the building is red, bronze or copper, pink flowers just don't look right, he says. White doesn't work very well in bright sun, either. It's too glaring. Red is often too dark.

"You need to put it with something else to make it pop out," he says.

Sometimes businesses really aren't trying to make tasteful choices. They want you to notice them, so they plant head-turning combinations like purple and orange flowers, or tropical cannas and elephant's ears.

"Bright colors and funky combinations slap you in the face," Turner says. "I call those 65 mph colors."

The Dallas Arboretum gives special "flame-proof" awards for long-blooming annuals tough enough to take the area's relentless summer heat, even in the steamiest parking-lot planting.

"New Gold" lantana is one of Turner's favorites, and so are the zinnias in the "Profusion" series. The new zinnia maritima "Solcito" from Simply Beautiful is very strong.

"If you have heat and sun and drought, it's the plant for you," he says. He also likes "Fanfare" impatiens, which thrive in full sun as long as they get plenty of water.

Corporate landscaping is by no means all good. Half-hearted plantings and puny or dying shrubs make a bad impression. Turner also can't abide fake flowers in planter boxes outside businesses, shade plants withering in full sun, and pruning jobs that reveal great skill with a chain saw but no sense for what nature intended.

"You see Japanese maples pruned into lollipops," he says. "What were they thinking?"

"My absolute pet peeve is colored mulch," Turner says. It steals attention from the rest of the landscaping, and "when your mulch is the focal point of your flower bed, that's a problem. As long as you can see the mulch, you're not planting enough flowers."

Sharpen your eye by comparing corporate landscaping as you commute to work, stop at an ATM or drive through a fast-food joint. Some ideas are worth taking home to chew over in your own back yard.

SIDEBAR

Landscaping in the fast lane Jimmy Turner, director of horticulture research at the Dallas Arboretum, www.dallasarboretum.org, is an enthusiastic gardener in charge of a 66-acre garden that simply never stops blooming. Texas gardeners may be especially qualified to judge corporate landscaping, he says, because they spend so much time driving and because they're



You can take some great gardening ideas home with you from a drive-through fast-food restaurant. Plant shrubs as a permanent background for snappy annual flowers, and remember that sweeps of one color have more impact than a cottage-garden mix. Choose colors that complement the architecture. photo: Marty Ross

reluctant to get out of an air-conditioned car for just any garden.

Here are some of Turner's thoughts and observations on the landscaping of fast-food restaurants, shopping centers and corporate campuses.

-- Well-established shrubs and perennials require maintenance, of course, but they usually do not need watering as often as annual flowers because they have deeper roots. Colorful annuals can be planted in pockets among the shrubs.

"It's one way of saving money and making things look better," Turner says.

-- Businesses -- and gardeners -- with no planting space often rely on pots for landscaping color. Turner advocates big, bright, glazed pots. A dramatic pot may need only one large plant in it. On the other hand, if you want a cottage garden in a pot, "stuff it full," he says.

"If you can see the pot, you don't have enough flowers in there," he says.

-- Hanging baskets dry out fast in hot climates.

"In Seattle, you see these gorgeous baskets" hanging from lampposts, he says. "In Texas, that's like a microwave on a stick."

-- Lately Turner has noticed a trend toward more texture in corporate landscapes. Instead of bright annual colors, he sees agaves, yuccas and even palm trees outside restaurants in Texas.

"It looks cool, and it gets my attention," he says.

"Don't rule out roses," he says. Flashy "Knock Out" roses have taken corporate landscaping by storm and never seem to stop blooming. They are easy to take care of and thrive in tough situations, including the unrelenting exposure to cold, heat and wind in a parking-lot planting, he says. They even flourish in big flowerpots.

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Some Strategies To “Stretch” A Small House

by Bill LaHay

Lately there's been a lot of media coverage about how Americans are discovering the virtues of voluntarily downsizing some aspects of their lives. Some have figured out that with gasoline prices destined to stay above the \$3-a-gallon mark, that behemoth SUV in the driveway might soon become like the dinosaurs who gave us all that underground oil in the first place.

Others face the reality of their new home choice when the monthly utility bills arrive, and the expenses rival the mortgage payment from their previous (usually smaller) home.

This is a normal response when the economy gets uncertain, and when good times return, people often forget that commonsense restraint and start thinking big again. But this time it seems like other factors are at work, including demographics.

There are millions of empty-nest baby boomers whose children have grown up and now live under their own roofs. Other folks, paying more attention to the environmental cost of a modern lifestyle, are just looking to simplify so they can treat the planet a little more kindly.

Whatever the specific catalyst, homeowners and first-time buyers are rediscovering the charms of more modest digs. They're realizing that square footage, like any number, cannot tell the whole story about that complex environment we call home. They look for quality over quantity, or even decide to stay put

rather than upgrade to that larger place they'd had on their wish list.

Often, this decision keeps or puts people in older homes that might have once been considered spacious at, say, 1,600 square feet, but are dwarfed by today's trends that promote houses twice that size.

There're plenty of reasons to recommend this downsizing choice, but there's also a price to pay. Storage options are often reduced, and the fragmented floor plans common in older homes can make them feel cramped rather than cozy.

If that describes the drawbacks that your small home has, there are several tried-and-true remedies that don't involve financing an addition or other structural renovations. Not only do they cost less than a radical rebuild, many offer the opportunity to custom tailor the house to better fit the way you live.

Start with these strategies:

-- Own less stuff. This is both the easiest and the hardest part. It doesn't cost anything, but it forces us to jettison things we've accumulated for a variety of reasons over the years.

Start with clothing, shoes, books and other items you own in multiples, and just cull about 10 percent. You'll realize that you manage fine without those things, and each year you can repeat the process.

-- Lighten the look. Dark colors and heavy textures tend to make any space seem smaller, so don't let them dominate. This doesn't mean you're stuck with

an off-white decor. It just means bolder colors and elements should be used as accents rather than main features.

-- Bet on built-ins. It varies with every floor plan, but many homes have pockets of idle space that can be exploited for storage or a living area. Shallow wall niches, knee-wall cabinets in upstairs rooms and overhead (soffit-style) storage bins are all good retrofit candidates that reduce the need for free-standing furniture, which takes up more space.

-- Open up your sight lines. Additional windows, skylights, pass-through openings in interior walls -- none of these features increase the literal volume of a space, but each can make a room seem larger because they give your eye room to travel.

For even greater impact, you can remove or reduce the wall area between two or more adjacent rooms, but this is a pricier option that requires professional engineering and/or construction skills. Avoid expansive "great room" designs in otherwise modest or historic homes, though. They'll seem out of place.

-- Take it outside. This might seem like cheating, but creating outdoor living spaces is a time-honored and very effective means of helping a small home live larger. The traditional sitting porch is a perfect example. Today the same porch is assigned to backyard decks and patios, though they typically don't offer the same social interaction with neighbors. This is not a year-round solution in most regions, but that doesn't make it any less



Modest houses (and budgets) benefit most from small incremental changes that together add up to noticeable improvements in livability. Here, a shallow alcove for the bed, built-in dressers tucked under the roofline, and a shelf pocket between two walls combine to make the most of the storage and living space in this bedroom.

photo: Nonesuch Design Works Inc.

worthwhile.

The key to most of these strategies is that they are incremental, tackling the spatial challenges with smaller, focused solutions. This approach is less costly and disruptive than adding a big lump of square-footage, and it often results in a home that's more exceptional, more efficient and more enjoyable.

Kids Inspire The Darndest Things In Decor

by Claire Whitcomb

If you don't have kids, get some. Fast. Because the patter of little feet is the coolest decorating accessory in town.

It isn't just that tousle-haired kids, jumping on snappily designed sofas, signal you care more about life than style. Dogs can convey that same message and often do.

It's that kids inspire clever design: a mod table, a graphic rug, a fairy-tale bed.

From map-of-the-world wallpaper to school-locker storage, from modern-art mobiles to small-scale Bertioia

wire chairs, contemporary kids seem to come equipped with possessions that grown-ups adore.

Not only that -- kids motivate architects to design great things: a fireman-style pole that provides a quick transition from upstairs to down, a slide that runs alongside a stairway, room dividers with elliptical cutouts so little ones can nest and play.

These are just some of the kid-friendly inspirations showcased in "The Family at Home: Love, Life, Style," a new book by Anita Kaushal (Clarkson Potter, \$45).

Kaushal has her ducks -- or, should we say, teddy bears -- in a row. She understands that "the true enjoyment of a home" is as dependant on "the things that we do there -- sleeping, eating together, conversing, sharing books and, yes, even watching television -- as it is about what we put into it."

Thankfully, she offers strategies for dealing with exactly what we put into our homes. She shows that toys can be artfully contained in bowls, baskets and oversized glass jars. And kids' clutter can be tucked into drawers beneath window seats or whisked out of sight behind a beautiful folding screen.

In "The Family at Home," there are no velvet ropes. Kids are welcome to wander, frolic and participate in all that a house offers, even cooking.

The latter task doesn't have to be



A fireman's pole connects the kids' upstairs bedrooms with a mezzanine level play and study area in this architect-designed house. Grown-ups are welcome to drop in -- or take the stairs. photo: Penny Wincer

real. Children will happily stir pots on a play stove set next to Mommy and Daddy's gourmet version. And they'll let you

SEE "DARNEST" PAGE 14.

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Beat The Cold: Here's How To Tackle Winter Blues

By Lisa M. Petsche

The snow and ice, cold temperatures and limited daylight of winter keep many people indoors and at home more often than they would like. The result for some is a case of the winter blues.

Here are some tips for getting past them:

Find little things that cheer you.

Treat yourself to new flannel pajamas, a soft, fleece robe or a cozy pair of slippers.

Keep throws draped over chairs and across the foot of beds for easy access on frosty days and nights. These come in many fabrics, colors and prints to suit any décor, doubling as attractive home accents.

Invest in a quality set of flannel sheets.

Soak in a hot, fragrant bath.

Stock up on gourmet coffee, tea and hot chocolate mix. And don't forget spices for hot apple cider — a perfect treat for long wintry nights.

Order take-out food for a change of cuisine. Try something festive and colorful - like Mexican food, for example.

Warm and brighten your décor.

Evaluate your lighting, and change it where necessary, using higher wattage bulbs. Also, relocate lamps or bring spares out of storage.

Try using warm, rich colors, such as burgundy and gold, for cushion covers, tablecloths, place mats, a mantel scarf, and so on. Brass accessories are also a winter favorite because they reflect light.

Add texture with warm fabrics like velour, chenille and fleece — the softer, the better. Needlepoint cushions can help, too. And for even more texture, try a bowl of pinecones or potpourri, embossed candles or a grapevine wreath.

Make generous use of candles, especially substantial pillar types. Place them in clusters and use scented varieties — bayberry, vanilla, cinnamon and evergreen are seasonal favorites — to increase the sensory impact. Note: Always take precautions against starting a fire — place candles where they can't be knocked over by grandchildren or pets and extinguish them before going out or going to bed.

Keep blinds and curtains open during daylight hours; close them after dark.

Bring a bit of nature into your home: nurture some plants or buy fresh flowers.

Keep busy.

Accomplishment brings satisfaction and a sense of renewal. Try new things or tackle long-postponed projects.

Start a daily journal.

Try some new recipes.

Borrow or buy movies, music CDs and reading material, or acquaint yourself with old favorites you have on hand.

Work on some challenging jigsaw puzzles or crossword puzzles.

Get a computer and learn how to use it.

Learn a handcraft, take up painting or sculpture, or start a new hobby.

Peruse gardening magazines and catalogs and plan this year's garden.

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Get a bird feeder and seed, a pair of binoculars and a bird watching guide.

Organize your collection of photos, music or videotapes.

Do some de-cluttering around your home (kitchen drawers, closets, spare rooms and attics are typical hot spots).

Donate unwanted items to a local charity.

Rearrange the furniture in one or more rooms, or swap furnishings among rooms. Or start planning a major room redecorating or home renovation project: peruse store flyers, catalogs and decorating magazines and collect ideas in a file.

Plan special outings to restaurants or cultural events.

Plan a party; consider a tropical

theme.

Start planning a summer vacation or, better yet, a mini getaway for the near future — perhaps a weekend stay at a resort or country inn.

Do something nice for someone. It will take your mind off your own situation and make you feel good, too.

Finally, look after your health. This is a good time to follow through on those New Year's resolutions. Get adequate rest, eat nutritious foods and try to fit in some exercise. A stationary bike or treadmill is a good choice — you can use it year-round in your own home. Just remember to start off slowly if you're out of shape.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health issues

DARNDEST!

from page 13.

get dinner on the table if they have a play cupboard filled with grown-up things: a pot to bang with a wooden spoon, plastic containers to make towers, and a bowl to fill with soapy water.

"These timeless playthings will not only improve your child's development," Kaushal says, "but fewer toys also make for better concentration."

Timelessness is a theme in "The Family at Home." In the living room, the "toys" are piles of pillows that give kids a place to nest and make forts. In the kitchen, old country tables provide a childproof place to make a mess.

And in the nursery an Eames-era rocking chair substitutes for the nursing glider that tends to be discarded after toddlerhood.

As for the art on the walls, family pictures add drama, especially in long hallways. To give them a unified look, Kaushal suggests reprinting them in sepia or black and white and hanging them two inches apart in standard black frames with white mats.

What if there's one picture you absolutely love? Blow it up to poster size and let it make a statement either in a child's room or in a living room.

If you're thinking of commissioning a portrait that captures the magic of childhood, Kaushal suggests having an artist paint a child's favorite toy or stuffed animal. Kids will love having this keepsake long after their prized possession has been battered or forgotten.

As for some of the best art in the house -- that created by your kids -- hang up as much as you can. "Children who are encouraged when they think creatively will build confidence in their own ideas and sense of self," Kaushal says.

If space necessitates selectivity, pick a theme for the art you hang -- kids' portraits of themselves, paintings of your house or images of the family dog. Or mount a rotating exhibit. When kids come home with a new favorite painting, take the old art out of the frame and substitute the new.

Reading "The Family at Home" will help you lead a fun, tasteful life, but it will not protect you from pink plastic ponies, battery-operated action figures and the invasion of the tacky. Kaushal advises tolerance.

"You may find it hard to live with, but children do like tacky things," she says, "and once upon a time, so did you. Ask your mum."

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Cooking From A to Z: Chicken Soup For Soul And Body

by Annette Gooch

If there's a chicken soup for the soul, it must be consomme: sparkling clear and fat-free, with scarcely more calories than water. The body, however, has rather more sensory criteria for chicken soup, preferring versions that are aromatic, palate-pleasing, easily digested, compatible with other foods, and, above all, convenient to prepare.

At one end of the spectrum, there's the soothing chicken broth we sip to fend off sniffles and fevers. But when it's time to pull out all the stops, the body's choice is decidedly more indulgent and luxurious: cream of chicken soup.

SUCCESS TIP:

-- To defat canned chicken broth, refrigerate or freeze the container until the fat congeals at the top. Lift off and discard the fat before using the broth.

The base for this flavorful, satisfying chicken soup is bechamel, a simple white sauce. In this recipe, the sauce is

thinned and well-seasoned with your favorite curry powder, salt and pepper before being mixed with the diced chicken.

CURRIED CREAM OF CHICKEN SOUP

- 1/4 cup butter
- 1/4 cup flour
- 2 cups half-and-half or milk
- 2 cups chicken broth
- 2 teaspoons curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 2 cups diced poached chicken
- 1 lemon, sliced paper-thin, for garnish

1. In a medium saucepan over medium heat, melt butter. Whisk in flour and cook just until golden (approximately 3 to 4 minutes).

2. Reduce heat and pour in half-and-half and chicken broth, whisking constantly until texture is smooth and velvety (approximately 5 minutes). Add curry powder, salt and pepper. Adjust seasonings if necessary.

3. Add diced chicken; heat

through. Garnish with thin slices of lemon.

Serves 4.

Potatoes, garlic and a touch of fontina cheese enrich this Sicilian spin on cream of chicken soup. To prepare it up to four hours ahead, prepare the soup through step 2 and refrigerate it. About half an hour before you plan to serve the soup, reheat it over medium heat, stirring frequently to prevent scorching.

CREAMY CHICKEN SOUP WITH POTATO AND GARLIC

- 5 cups chicken broth
- 1 cup peeled and diced raw potato
- 3 tablespoons olive oil
- 1/4 cup sliced garlic
- 1/2 cup minced onion
- 1/2 cup whipping cream or half-and-half
- 1/2 cup milk
- 1/2 teaspoon hot red-pepper flakes
- 2 ounces fontina cheese, grated
- Coarse salt

1. Combine broth and potato in a large saucepan. Bring to a boil over high heat, reduce heat to a simmer, and cook gently 10 minutes.

2. While broth is simmering, heat olive oil in a large saucepan over moderately low heat. Add garlic and onion; saute gently for 10 minutes. Do not allow garlic and onion to brown. Add broth and potato and simmer 20 minutes, covered. Working in batches, transfer potato mixture to a blender along with the cream, milk and red-pepper flakes. Blend until smooth.

3. Put potato mixture in a clean, large saucepan. Add 2 tablespoons of the fontina and reheat over medium-high heat, stirring until cheese melts and mixture is nearly boiling. Add salt to taste. Serve immediately, garnishing each portion with some of the remaining fontina.

Serves 4.

With avocados available year around, this lovely pale green elixir can be made in any season and served warm or chilled. Laced with cream and sherry, this soup reflects the French influences found throughout Mexican cuisine. Before you start to prepare the soup, have all



Curry spice gives this rich, velvety cream of chicken soup its golden hue. photo: Lifestyle Media Group

the ingredients prepared and measured. Heat the serving bowls or a tureen by filling them with very hot water or placing them in a warming oven to heat through. Have the broth piping hot.

CREAM OF CHICKEN AND AVOCADO SOUP

- 2 large, ripe avocados, halved
- 1 cup half-and-half
- 1 tablespoon fresh lime or lemon juice
- 1/4 teaspoon salt
- 2 cups hot chicken broth
- 1/4 cup dry sherry
- Thin lime slices, for garnish

1. Scoop the avocado flesh from the peels and place it in a blender or food processor together with the half-and-half, lime juice and salt. Blend to a smooth puree.

2. Pour the puree into warmed serving bowls or a tureen. Slowly stir in the hot broth, followed by the sherry, whisking to blend the ingredients.

3. Garnish each individual serving with a thin slice of lime. If the soup requires reheating, use a double boiler.

Serves 4.



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SRDA MONTHLY MENU Call SRDA at 545-8900 for congregate meal site and Meals-On-Wheels Info!

- JANUARY 1:** Closed - New Year!
- JANUARY 2:** Chicken A La King, biscuit/marg., broccoli, mixed green salad/Italian, PA tidbits.
- JANUARY 3:** Beef Tips/Gravy, mashed potatoes, stewed tomatoes, wheat brea/marg., orange pear gelatin.
- JANUARY 4:** Roast Turkey/Gravy, mashed potatoes, basil green beans, cranberry sauce, wheat bread/marg., peach cobbler.
- JANUARY 7:** Sweet & Sour Pork/Rice, peas, wheat bread/marg., plums.
- JANUARY 8:** Macaroni & Cheese, zucchini, stewed tomatoes, cabbage apple slaw, wheat bread/marg., lime pear gelatin.
- JANUARY 9:** Burrito/Green Chili, spanish rice, let/tom garnish, apricots.
- JANUARY 10:** Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., cherry crisp.
- JANUARY 11:** Roast Beef/Gravy, baked potatoes, california blend, wheat bread/marg., tapioca pudding.
- JANUARY 14:** Lasagna, orange/carrot gelatin, peas, wheat bread/marg., diced peaches.
- JANUARY 15:** BBQ Chicken, mashed potatoes, zucchini, pickled beets, wheat bread/marg., cranberry mold.
- JANUARY 16:** Meatloaf/Tomato Sauce, parslied noodles, mixed veggies, wheat



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- bread/marg., apricots.
- JANUARY 17:** Hot Turkey Sandwich, mashed potatoes, acorn squash, carrot raisin salad, applesauce cake.
- JANUARY 18:** Tomato Swiss Steak/

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- potatoes, cabbage, wheat bread/marg., fruit blend salad.
- JANUARY 22:** Roast Beef/Gravy, mashed potatoes, carrots, three bean salad, wheat bread/marg., applesauce/oatmeal cookie.
- JANUARY 23:** Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., diced pears.
- JANUARY 24:** Green Pepper Steak, mashed potatoes, broccoli, pickled beets, wheat bread/marg., orange.
- JANUARY 25:** Turkey Tetrizzini, basil green beans, carrot raisin salad, biscuit/marg., tapioca pudding.
- JANUARY 28:** Baked Fish/Dill Sauce, au gratin potatoes, peas/carrots, wheat bread/marg., ambrosia.
- JANUARY 29:** Beef Stroganoff/Noodles, harvard beets, pineapple slaw, wheat bread/marg., fruit cocktail.
- JANUARY 30:** BBQ Meatball, parslied potatoes, california blend, wheat bread/marg., lime fruit gelatin, oatmeal cookie.
- JANUARY 31:** Roast Pork Loin, orange glazed sweet potatoes, zucchini, wheat bread/marg., banana cake.
- FEBRUARY 1:** Chili Con Carne, veggie salad medley, cornbread, marg., diced peaches.

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Finances: Create Wealth

Senior Information Seminar Is Coming-January

by Grant Oakes

If you want to learn more about reverse mortgages, tax deductible annuity investments, funeral trusts, and estate planning; please mark your calendar for the 29th of January 2008. You will want to attend this seminar coming to the PCC Fortino Ballroom. It will be an afternoon of information, refreshments, and entertainment.

On September 19th, 2007 the House of Representatives passed HR 1852: Expanding American Home ownership Act of 2007, by a vote of 348 to 72. Another bill S.2338: FHA Modernization Act of 2007 passed in the Senate on December 14th, 2007 by a vote of 93 to 1. The HECM portions of the two bills are identical. There are other portions of the bills where the two bills differ. The house and Senate must now appoint "conferees" who will get together to negotiate and reconcile the differences in the two versions. The President has issued a statement that he approves and expects to sign into law the HECM legislation.

Specifically, what the two bills would do for the HECM program is: (1) permanently eliminate the cap on the overall number of HECM loans that FHA is authorized to insure. (2) Replace the county-by-county area loan limits with a

single national loan limit at the conforming loan limit level, currently \$417,000. (3) Authorize HECMs for home purchase. (4) Implement a maximum origination fee at 1.5% for the maximum claim amount. (5) Require the Government Accountability Office to undertake a study of the HECM program and report back to Congress. To understand what this means to you, please be sure and attend the Senior Information Seminar on January 29th.

Another area that will be covered in the expo is The Federal Bill that was signed into law on February 8th, 2006 that may change and diminish your ability to transfer assets before qualifying for Medicaid (Title 19) nursing home assistance and may severely limit your ability to protect your personal assets. Some of the discussions will center on How to lower or eliminate taxes on your social security, Pre-need Planning with final expense plans, Long Term care issues, Final Expense Plans with the irrevocable funeral trust and Sheltering dollars from the nursing home.

Ninety-three percent of all Senior Citizens are NOT insured with Long Term Care or Nursing home insurance. That leaves them wide open to losing their life savings and their homes

when they need to go into Long term care or enter a nursing home. Most people don't know that final expense insurance plans are NOT exempt from Medicaid if the death benefit is over \$1500. This is always been a problem since many seniors are planning to use these types of policies to provide funding for their funerals. And if you are counting on life insurance let me remind you that if the face value exceeds \$1500 the full cash values of all policies count towards liquid resource limit for Medicaid. A better idea may be a single premium life insurance policy and assigning the ownership to an irrevocable funeral trust. Now the entire amount is safeguarded as a "non countable asset" before Medicaid eligibility. That means that you and your heirs are protected.

There are a number of ways to shield your assets from the tax man. We all want to pay our fair share but we don't want to pay more than we have to in taxes. We always want to conserve our assets for our heirs. This is only being wise. There may be ways to protect your social security from being taxed. You need to learn about all the different ways to do this. Why should you pay more than you have to in income taxes? There are ways that you can provide a college

education for your grandchildren at the same time that you are reducing your tax burden. Please come to the seminar January 29th to find out how you can take advantage of this marvelous plan.

Let us talk about Estate Management and Preservation. The operable word here is Preservation. Estate planning is absolutely necessary if you want to preserve your assets for yourself and your heirs. Yes, you may be able to live a better life and feel comfortable with it when you know that you have everything under control and also know that all the things that you want to happen will be taken care of. With a little planning and a small amount of paperwork this can all be true, but it must be done by someone that can guide you in the right direction or it could cost you a large amount of your assets.

The presenter is Bill Scott, a nationally known financial educator; he assists his customers in growing, protecting, and distributing their assets in a risk managed manner. As a Certified Senior Advisor (CSA) and masters in Estate Planning (MEP) graduate of the Abts Institute for Estate Preservation, Bill focuses on applying the appropriate strategies to: Eliminate probate; maximize asset protection; eliminate or reduce taxation of social security benefits; provide consistent and stabilized investment returns; and minimize income, capital gains, gift, and estate taxes.

The seminar is FREE, the refreshments are FREE, and the entertainment is FREE. Oh, I didn't tell you about the entertainment. How about this, the hour long entertainment will be provided by "Mr. Las Vegas", Todd Eckart performing as Dean Martin, Frank Sinatra and Elvis. This is a show that you won't want to miss. He has entertained thousands all across the United States to rave reviews. The seminar and show are FREE but you must have tickets. Call the toll free number 1-866-671-3207 extension 9800 for your free tickets today. And invite other seniors to go with you. You will have a grand afternoon with great information and super entertainment.

Bio: Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 9800 anytime to order your tickets for the upcoming seminar and show.

RETREAT

from page 11.

came to Warm Springs in 1924, hoping the reputed restorative qualities of its 88-degree waters would help regain feeling in his numb legs. He bought the spa in 1926, donated it to a foundation and inspired polio-stricken persons from all over the nation to visit the therapeutic pools. He himself visited here 41 times.

Today, the Roosevelt Warm Springs Institute of Rehabilitation provides physical and vocational rehabilitation for 3,000 people a year.

Roosevelt came to his Little White House not only for rest and recuperation, but also to formulate plans for the nation's economic recovery from the Great Depression. It was here that he designed many elements of his New Deal. The fact that electric rates in Warm Springs were four times higher than at his home in Hyde Park, N.Y., for instance, prompted him to create the Rural Electric

Administration.

Some of these events are documented in a \$12 million museum built here in 2004. Visitors can see his leg braces, a homemade wheelchair and the hand controls he designed so he could drive his favorite 1938 Ford convertible (Georgia license FDR-1).

They can listen to one of his famous radio "fireside chats" and see a display of stamps that FDR, a collector himself, approved during his four terms. Among the displays also is a rare gift from British Prime Minister Winston Churchill, a tiny ship carved from wood that came from the historic ship Mayflower.

On the grounds is the Walk of the States, a path created after his death that is flanked with state flags and displays of stones native to every state. Florida has fossiliferous limestone, for example. Michigan's mineral is jasperite, Color-

ado's is travertine, Hawaii's is basalt lava and Arizona's is petrified wood.

Less than a half-hour away from Warm Springs is Callaway Gardens, a sprawling 13,000-acre complex of lakes, gardens, trails, hotels and cottages, shops, restaurants, golf courses, tennis courts and other recreational venues.

Summer is its most popular season, with enough activities and events to fill a 30-page brochure. Among them is Florida State University's famous Flying High Circus, which performs here every year for two months.

Also close to Warm Springs is F.D. Roosevelt State Park, with cottages and camping, hiking trails, a Liberty Bell-shaped swimming pool and FDR's favorite picnic spot, Dowdell's Knob.

Information: Georgia State Parks, (404) 656-2770 or www.gastateparks.org. Little White House, (706) 655-5870. Callaway Gardens, (800) 225-5292 or www.callawaygardens.com.

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Q: I get a sore back now and again, and I've spent a lot of money trying many so-called, "solutions," without success. Often, I have wondered if there was anything I can do to get long lasting relief. My chiropractor fixes me for a few days but before long I'm right back where I started. I feel that surgery should be a last resort. Now, I'm wondering if those **GOOD FEET ARCH SUPPORTS** I've been hearing about really work.

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Senior Community Update



TIME FOR TAXES ALREADY?

Get a jump on your taxes this year.

Where: Joseph Edward Senior Center (SRDA), 230 N. Union Avenue, Pueblo, CO

Begin: February 1, 2008

Closed: February 18, 2008

End: April 14, 2008

Time: 9:30 AM to 2:00 PM (First come-first served)

The program serves persons 55+, low income working families, single parents and young wage earners, (high school and college students). All returns are done on computer and E-filed, Direct Deposit of refunds is encouraged for safety and a speedier refund. All counselors have passed an IRS/AARP tax course for certification.

VOLUNTEERS OF ALL AGES NEEDED

Our community depends on the graciousness and commitment of our fellow citizens to pitch in and help when and where help is needed. There are many areas and programs needing help. Check and see where you would fit. Call Gloria Valdez, SRDA, The Pueblo Volunteer Center, 545-8900 for more details.

- Delivering Meals on Wheels to homebound seniors.

- Helping in various departments at St. Mary Corwin Medical Center

- Helping with Habituate for Humanity doing many things from getting the food, clerical and warehouse work to building a house.

- VITA is now looking for volunteers to be trained. Once trained, volunteers will be filling out tax returns for low-income families and individuals in January.

There are many more areas, just give Gloria a call and she'll tell you all about them.

Volunteer today, everyone benefits: you, the people you help, the agency and your community.

WHAT CAN YOU DO ABOUT OSTEOARTHRITIS?

Today, more than 10 million Americans suffer from osteoarthritis of the knee, making it the most common form of arthritis in the U.S.

When the cushioning layers of cartilage within the joint are worn down, the bones begin to rub against each other. This leads to swelling and increased stiffness, and many daily activities become painful and difficult. But what can you do to protect your joints, reduce the symptoms, and support your doctor's

treatment?

With assistance from some of the world's leading knee experts, the American Arthritis Society has compiled some useful and practical tips for self-care, and made them available on the Society's website. Each tip is interesting and easy to follow. These and many more suggestions regarding osteoarthritis can now be viewed online at:

www.americanarthritis.org.

OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location.

VOLUNTEER OMBUDSMAN

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. You Must Be Able To Pass A Criminal Background Check Before Being Accepted.

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Mineral Palace

1414 N. Santa Fe Ave.
Thursday, January 10th (9:00 - 11:30)

Memorial Recreation Center - Pueblo West

230 E. George Dr.
Thursday, January 10th (8:15 - 10:30)

McHarg Park- Avondale

409 Second Street
Monday, January 14th & February 11th (9:00 - 11:30)

Minnequa Park Apartments

1400 E. Orman Ave.
Tuesday, January 15th (9:00 - 11:30)

Mesa Towers Apartments

260 Lamar

Wednesday, January 16th (9:00 - 11:30)

Ogden Apartments

2140 Ogden

Thursday, January 17th (9:00 - 11:30)

Fulton Heights Community Center

1331 Santa Rosa

Thursday, January 17th (1:00 - 2:30)

Park Hill Christian Church

1401 E. 7th St.

Monday, January 21st (10:00 - 12:00)

Vail Hotel

217 S. Grand

Tuesday, February 12th (9:00 - 10:30)

Joseph Edwards Senior Center (SRDA)

230 S. Union

Wednesday, February 13th (9:45 - 12:00)

*All locations are open to the general public for these clinics. Please call Pueblo StepUp @ 557-5886 if you have any questions.

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Hyde Park Community Center

2135 W. 16th

Mondays & Wednesdays 9:30-10:30 am

Tai Chi from the Arthritis Foundation

Classes Beginning January 3rd!

AARP Center

1117 S. Prairie Ave.

Tai Chi II

Tuesdays & Thursdays 9:00-10:00 am

Tai Chi I

Tuesdays & Thursdays 10:10-11:00 am

Memorial Recreation Center

230 E. George Drive

Tai Chi I

Tuesdays & Thursdays 1:00 - 2:00 pm

Tai Chi II

Tuesdays & Thursdays 2:00 - 3:00 pm

GENEALOGY NEWS

The Southeastern Colorado Genealogy Society holds its regular meetings on the second Saturday of the month in Meeting Room B, Robert Hoag Rawlings Public Library, First floor, 100 Abriendo Ave., Pueblo, CO. A Refresher/Beginners Genealogy Class starts one hour earlier at 1:00PM. No Charge. Non-members are welcome. Call 546-1973 for details on any of the above."

PUEBLO HEALTH EXPO

The 2nd annual Pueblo Health Expo will be January 26, 2008, at the Pueblo Convention Center from 8am-1pm. This event is free to Pueblo County

residents of all ages and will feature numerous exhibits related to physical activity, healthy food choices, disease prevention, safety, recreation and overall wellbeing.

The first 500 participants will have an opportunity to take advantage of free health screenings, including blood pressure, pulse, oximetry, lung function, vision, blood sugar (requires a one-hour fast), cardio step test, grip strength & flexibility, body mass index, stress management & depression, community resources & women's health issues and "Ask a Medical Expert." New this year will be a Kids Korner that will include booths and demonstrations specifically targeted to youth about living healthy lifestyles.

For additional information contact 583-4518 or www.activepueblo.net.

SRDA NEED VOLUNTEERS

Like so many human service agencies in Pueblo, we also depend greatly on the unselfish efforts of those special people who donate their precious time as a volunteer. Here at SRDA we have need of help in various departments: Nutrition, Recreation and Lifeline.

- In the Lifeline Program we need a couple of volunteers who can do a variety of clerical work and even do equipment maintenance.

- In the Recreation Program we could use the help of a couple of volunteers who like to plan and put together recreational activities such as monthly socials for the senior participants.

- In the Nutrition Program we need help in the Dining Room during the noon meals. We need volunteers who can help register participants as well as helpers to serve, clean up and set up. Also in the Nutrition Program we always have a need for volunteer drivers. The volunteer drivers need a licensed automobile and of course a valid drivers license and the willingness to work about an hour or so during the noon time.

Limited mileage reimbursement is available. All positions are given training and supervision. For more information on these opportunities and others, please call Gloria Valdez, SRDA, 545-8900. GIVE THE GIFT OF TIME THIS HOLIDAY SESSION.

St. Mary-Corwin Medical Center Invited To Present at National Forum on Quality Improvement in Health Care

Pueblo, CO --- St. Mary-Corwin Medical Center has been invited to present their process on "Global Intensive Glycemic Control for Patients with Diabetes Mellitus during Hospitalization," a best demonstrated practice, at the 19th Annual National Forum of the Institute for Healthcare Improvement (IHI).

St. Mary-Corwin was selected for its work in controlling blood sugars for hospitalized diabetics resulting in fewer complications and mortality.

Based in a community with an incidence of diabetes twice the incidence of the state and national averages, St. Mary-Corwin takes a cutting-edge approach to blood sugar control, which includes innovative techniques as well as a comprehensive training and education program for diabetes care providers. This training focuses on protocols to prevent hypoglycemia, promote strict blood glucose targets, diabetes self-management, education, blood glucose monitoring, and medical nutrition therapy.

IHI is a not-for-profit organization helping to lead the improvement of health care throughout the world. Founded in 1991 and based in Cambridge, MA, IHI works to accelerate change by cultivating promising concepts for improving patient care and turning those ideas into action.

For more information on St. Mary-Corwin's blood sugar control, contact (719) 557-3814 or visit www.stmary-corwin.org.

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HOME FOR SALE: 19 Pineridge - \$139,900 - New listing! Belmont 2 bedroom, 2 bath, 2 car garage. Very nice and well-maintained ranch-style townhome with no fees. Centrally located with good size rooms, fireplace, skylights, main-level laundry, unfinished basement, central air, covered patio and more! Call Donna Austin, MRE, CRS, GRI, 251-1701. www.DonnaAustin4Homes.com #0208

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SOUTHERN COLORADO SENIORS CLUB - 40th Anniversary - February 2, 2008. Formal Dinner Dance - Union Depot, 132 West "B" St. \$20 for members; \$25 non-members. Call 948-3986. #0208

STOP WAITING ON LONG LISTS for nursing home or assisted living. Try us one month or just for day-care 24/7 live-ins with private rooms. Respite care available also. 30 years experience. Hurry, only one room left for you. 719-542-3496. #0108 MOBILE

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SEWING ALTERATIONS: THE PERFECT FIT Alterations by Abe Camhi. Wedding gowns and for-

DONATE TO PUEBLO'S OWN "NEVER ALONE FOUNDATION." Looking for a great charity to support? Inflammatory Bowel Disease (Crohn's & Colitis and others) is a particularly nasty disease that robs the afflicted of quality of life. It hits every age group hard and with no mercy. Please send donations to "Never Alone Foundation" c/o Beacon Publishing, P.O. Box 7215 - Pueblo West, CO 81007-0215. Your donation will allow us to help southern Colorado patients and their families cope with these dread diseases.

SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:

Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

mal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0108

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MOBILE HOMES FOR RENT in quiet rural retirement park. Cotopaxi - 30 miles west of Canon City. \$350 - \$500 per month sewer/water included. 719-539-2623. #1207

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PERSONAL CARE PROVIDER. Days, nights or weekends. Will do light housekeeping and run errands. First Aid, CPR, Medical Certified. Excellent references. Melinda, 671-4316. #1207

ROOM FOR RENT! Includes cable avail., utilities, laundry. \$290/mo plus deposit. 719-542-2775. Ask for Tom. #1207

1986 FORD VAN with handicap

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I'M ACTIVE-YOUNG 74! Petite, red/green/honest. Non smoker/drugs. Honest. Loving, down-to-earth. Variety of interests. Searching for same in a man middle 60's - middle 70's. Call 719-276-0978. #1207

FOR SALE: Pronto Mobility Chair. Excellent Condition - Black Leather. Less than a year old. Paid \$3,900. Asking \$3,500. Please call at 719-543-0217. #1207

2221 S. PRAIRIE #152, Oasis Mobile park, 55 plus Community, Nice 3 bed 2 bath Mobile \$19,900, lot rent is \$358.59 AND;

2221 S. PRAIRIE #67, Oasis Mobile park, 55 plus Community, Well cared for 2 bed 1 bath Mobile only \$9,900, lot rent is \$358.59. Call Jim Valdez, Re/Max of Pueblo, 585-8722. #1107

STAIR GLIDE: 300lb limit. Six or 7 stairs. YOU MOVE! \$1500. appraised by Thornton Wheelchairs Plus. Call Roberta, 566-3715. #1107

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NURSE CAN PROVIDE Daily or weekly care, medication set-up, assist with meals. Activities for daily living. 30 years experience. References. Kathy, 719-315-2805. #1207

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GOOD CONDITION, 40 years of Time Magazines - complete, in storage - better than computerized! Make Offer & enjoy history in your library. Call Lynn 544-8325. #1007

FOR SALE: New 48" Round Table & Chairs. Fits 4 chairs. Smoked glass top. MUST SEE! Call 564-2157. #0907

SPECIAL GOVERNMENT PROGRAM, ZERO DOWN, NO MONEY OUT OF YOUR POCKET!!!! If you own land or family will give you land. Bad credit okay. 719-544-4165. #0807

NEWLY RENOVATED Northside Pueblo home for rent. One bedroom, 1 bath, small pets okay. \$350/mo. and electric and gas plus deposit. Call Seth at 970-980-8153. #0907

PERSONAL CARE PROVIDER/HOME CARE 20 yrs. Experience. Quality Care, Companionship, and Dependable. Available Day or Night Fulltime or Part Time. call Connie, 242-4144. #0907

GOT LAND? 0 Down, 0 Closing costs if you own land or have family land! Guaranteed approval. Bad Credit, O.K. LAND DOES YOUR GOOD CREDIT!! 719-545-0945. #0807

NURSE AVAILABLE to assist you in your home. Doctor's appointments, shopping, errands - please call 565-0445 Days. #0807

BOOKS WANTED. I pay cash for good books and estate libraries. Call Jim at 719-634-2367. #0907



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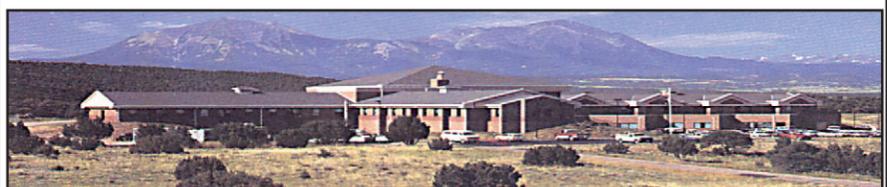
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Call Today For A
FREE Video/CD Information Packet
1-800-645-8387

One Million Successful Retirees Can't Be Wrong

by **Melinda Minor**, District Manager, Pueblo Social Security Administration

More than one million people have applied for Social Security retirement benefits online at www.socialsecurity.gov. Dewey Bales of West Chester, Ohio became the millionth person to successfully use Social Security's online services to apply for retirement benefits. Every day, more and more people make the choice to go online instead of standing in line to apply for benefits.

After all, one million retirees — and counting — can't be wrong. According to a recent survey, Social Security's online retirement benefit application once again ranked at the top of all Federal government websites in customer satisfaction. Social Security's "Application for Help with Medicare

Prescription Drug Costs" finished second, with several other Social Security online services making the top 10.

In addition to completing the retirement application, many business transactions with Social Security can be handled quickly and securely right over the Internet. If you just visit our website at www.socialsecurity.gov/onlineservices you will find that you can—

- file for retirement, disability and spouse's benefits;
- check the status of your benefit application;
- if you already receive monthly

LEAP PROGRAM PROVIDES HOME HEATING ASSISTANCE

Contact: **Scott Barnette, LEAP Director** - 303.861.0325

DENVER – November 2007 – As Coloradans prepare to face another bitter cold winter, local utility companies are predicting that heating bills will double this year due to an increased price for natural gas. For those struggling to pay their heating bills, help is available through the Colorado Department of Human Services Low-income Energy Assistance Program (LEAP).

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month before taxes for a household of four people. The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

According to the Colorado Department of Human Services, in 2006-2007 approximately 93,000 Colorado households received LEAP payment

benefits you can change your address and phone number

- sign-up for direct deposit of Social Security benefits;
- use benefit planners to plan for your financial future and then use the convenient benefit calculators to figure your monthly benefit amounts;
- find the Social Security office closest to your home; and
- request a replacement Medicare card.

Also, if you are just looking for Social Security information you can go

online to find out almost anything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to how to go back to work while receiving disability benefits.

Remember, more than a million successful retirees have proven that you can't go wrong with Social Security's online retirement benefit application. Be part of the next million. Find out more by visiting www.socialsecurity.gov.

assistance, giving them much needed warmth.

"LEAP plays an important role in helping all Colorado families keep their homes warm during the cold winter months," said Scott Barnette, LEAP director. "With the price of heating bills expected to increase this year, families will need assistance meeting these costs more than ever."

To qualify for LEAP, applicants must be responsible for paying heating costs, either to a utility company or to a landlord as part of rent. Applicants must also be permanent legal residents of the United States and Colorado or have household members that are U.S. citizens.

Recent Colorado legislation now requires LEAP applicants to provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their program applications. Currently, the following valid forms of identification are accepted.

1. A Colorado driver's license or Colorado identification card; or,
2. A United States military card or military dependant's card; or,
3. A United States merchant mariner card; or,
4. A Native American tribal document; or,
5. Appropriate INS documenta-

tion.

As defined by the Colorado Department of Revenue, other forms of identification may be required as well. For more information on lawful presence requirements, contact the DOR or visit their web site located at <http://www.revenue.state.co.us/main/home.asp>

LEAP applications are accepted from November 1 to April 30 of each year. Potential program applicants can apply several ways:

1. Call 1-866-HEAT-HELP (1-866-432-8435) to have an application mailed to your home.
2. LEAP applications are available at every county department of social/human services across the state.
3. LEAP applications can also be downloaded from the program's Web site at <http://www.cdhs.state.co.us/leap/apply.htm>. Applicants may then fax, mail or deliver a completed application to their appropriate county office.
4. Many community agencies throughout the state also stock LEAP applications.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm <<http://www.cdhs.state.co.us/leap/index.htm>> to view the most current program application requirements.

Pueblo Senior Safety Triad

Safety for seniors is our goal

- Information & Referral
- Senior Resource Directory
 - Senior Safety Kits
 - Senior Advocates
 - Provides Educational Programs
 - Assists Senior Victims & Seniors At Risk
 - Promotes Safety To Reduce Fear Of Crime

Senior Helpline
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Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers™ help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.

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For information, please call 562-7200 and ask for the Rehab Department

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Belmont Lodge Health Care Center

Ask for Judy!! **1601 Constitution Rd** **719-562-7200**
Near East High **Pueblo, CO 81001**

Retirees: Reverse Mortgages Could Help Finances

by Bill Neihaus

Many older Americans facing retirement want to find a way to increase their monthly income. Today, more than ever before, there are new and innovative homeownership options for retired individuals and couples and reverse mortgages are about making the most of the equity that

seniors have built into their homes. And, with baby boomers nearing retirement age, many are looking at the homes they own and seeing a valuable financial tool.

For example, they are realizing that you can blend the proceeds of a reverse mortgage with other retirement assets for a more comfortable retirement lifestyle.

Immunization For Alzheimer's Shows Promise

by Robin Mosey from the Home Instead Senior Care office in Pueblo.

Question: With my elderly parents – both age 80 – at risk for Alzheimer's disease as a result of heredity and age, I'm always looking for the latest research. What's new?

Exciting new research recently released about Alzheimer's disease has uncovered an immunization that could offer a way to blunt or even prevent this devastating disease. Jordan Tang, Ph.D., who led the study at the Oklahoma Medical Research Foundation, and other OMRF scientists immunized Alzheimer's mice with a protein believed to play a key role in the disease-causing process.*

The mice who received the vaccination showed a significant reduction in the build-up of protein plaques which, when present in the brain for long periods of time, are believed to cause the cell death, memory loss and neurological dysfunction characteristic of Alzheimer's.

The immunized mice also showed better cognitive performance than control mice that had not received the vaccine. The new research appears in The Journal of the Federation of American Societies for Experimental Biology.

The next stage of the research, funded in part by a grant from the Alzheimer's Association, will be testing in humans. "There currently is no effective treatment for Alzheimer's disease, so we must explore every possible option to find a way to stop it," he said.

According to researchers, the advantage of this vaccine – compared with others that have been tested – is that it stimulates the immune system more gently.

Contact the Alzheimer's Association at www.alz.org to learn more about the latest in research and treatment for this disease. In the meantime, encourage your parents to stay active and engaged in life.

Additional research has shown that the more seniors "exercise" their minds, the better able they are to stay on top of their game. If they are healthy enough to get out of their homes, encourage your parents to continue at least to do some of the hobbies they may have always enjoyed. Or recommend that they consider companionship assistance. There's nothing better than conversation and socialization to keep the mind and body fit and healthy.

If companionship is difficult to find, consider a professional caregiving company such as Home Instead Senior Care, which employs CAREGivers, who are screened, trained, bonded and insured. Home Instead Senior Care located in Pueblo trains their CAREGivers in Alzheimer's care. An Alzheimer's care program exclusively designed for the Home Instead Senior Care network by The George G. Glenner Alzheimer's Family Centers, Inc., School of Dementia Care, in San Diego, California, a leader in innovative techniques and care strategies for people with Alzheimer's disease.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com. *For more information about the study, log on to http://www.omrf.org/OMRF/News_Releases/Releases/2007/20071112.asp.

If you own your own home and want to stay there, a reverse mortgage may make sense. There are virtually no restrictions on what can be done with the money obtained through a reverse mortgage so why not access the equity that is already there?

More and more seniors are finding their homes to be a valuable financial asset in their retirement mix. According to the Department of Housing and Urban Development (HUD), the number of reverse mortgages is going up dramatically.

The agency's data indicate that the Home Equity Conversion Mortgage (HECM) accounts for approximately 95 percent all reverse mortgages in the United States. In fiscal year 2002, only 13,000 HECMs funded. In fiscal year 2007, that number jumped to more than 107,550 loans.

There are three primary reasons for this growth:

- A better understanding of the product
- An aging population
- An effort by various organizations to promote the benefits and flexibility of the product

A reverse mortgage enables senior homeowners to convert part of the equity in their homes to tax-free income without having to sell their homes, give up title, or take on a new monthly mortgage payment. In addition, no income or medical requirements are necessary to qualify.

One of the biggest selling points of the reverse mortgage is its flexibility. The product allows senior homeowners to choose how they want to receive their mortgage funds:

1. as a lump sum
2. as monthly income – for up to life as long the borrower lives in the home
3. as a line of credit or
4. as a combination of monthly income and line of credit

These funds can then be used at

the homeowner's discretion – to pay for home repairs, medical costs, in-home care, education and as supplemental retirement income.

The amount you can get through a reverse mortgage depends on your age when you apply, the type of reverse mortgage you want, the value of your home and current interest rates. Generally, the older you are and the more valuable your home, the more your reverse mortgage can be.

To be eligible for a reverse mortgage, HUD requires that the homeowner live in the home as his or her primary residence, be at least 62 years of age and own the home free and clear, or only have a low remaining mortgage balance that can be paid off at the closing with proceeds from the reverse loan.

No monthly payments are made on a reverse mortgage during its term. It simply becomes repayable when the home is sold or vacated. In addition, the repayment amount cannot exceed the value of the home. Excess proceeds belong to the homeowner or the estate. Homeowners who use reverse mortgages never owe more than the value of their homes or the amount borrowed under the terms of the loan, whichever is less.

A home is one of the most powerful assets people have during their lifetimes. A reverse mortgage can be the reward of long-time homeownership and a great way to increase retirement income.

Before making a decision about a reverse mortgage, do your research and make all of your questions are answered. A few resources worth checking are the AARP's reverse mortgage information line at 800-209-8085 or online at www.AARP.org/revmort or the National Center for Home Equity Conversion at www.reverse.org. Wells Fargo also has information about reverse mortgages on its website at www.wellsfargo.com.

Bill Niehus is a reverse mortgage consultant for Wells Fargo Home Mortgage in Pueblo and Colorado Springs. He/she can be reached at 719-650-2620.

Villa Pueblo Senior Living Community

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Centura offers seven unique, engaging, extraordinary communities for seniors across Pueblo, Colorado Springs, Cañon City and the Denver Metro area. We understand that seniors and their families are looking for the right amount of care and the right amount of independence. So, we're happy to help you through the process and help you find the place that feels most like home. Visit us in person, by phone or online.

www.CenturaSeniors.org

Here's How To Thrive In The Year Ahead

by Lisa M. Petsche

Informal caregivers provide practical assistance and enhance the quality of life for frail seniors who might otherwise require placement in a long-term care facility. Typically, they are spouses or adult children, many seniors themselves.

Their role involves physical, psychological, emotional and financial demands. It can be a heavy load.

If you are a caregiver, consider the following strategies for not only surviving, but also thriving, in the year ahead. Even if you're not a caregiver, these self-care tips are worth checking out.

Reduce your stress

Accept realities you can't change and focus instead on those you can influence.

- Pick your battles; don't make a major issue out of every concern.

- Use positive self-talk. Emphasize phrases such as "I can," "I will" and "I choose."

- Practice relaxation techniques, such as deep breathing.

- Do things that bring inner peace, such as meditating, reading something

uplifting, journaling or listening to soothing music.

- Create a relaxation room or corner in your home - a tranquil spot you can retreat to in order to rejuvenate.

- Develop a calming ritual to help you unwind at the end of the day. Avoid watching the news before going to bed.

- Make healthy lifestyle choices: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

- Seek ways to streamline your life. Set priorities and don't waste time or energy on unimportant things. Simplify necessary tasks, letting go of the need for perfection. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy.

- Be flexible about plans and expectations. Take things one day at a time.

- Minimize contact with negative people.

- Don't keep problems to yourself - seek support from family members, friends or a counselor. Consider joining a

caregiver support group.

- Accept offers of help. Ask other family members to share the load, and be specific about the kind of assistance you need. Also find out about services in your community that may be of help. (The local office on aging is a good resource.)

- Take advantage of respite services in your community, such as day-care programs and facilities that offer temporary residential care.

Increase your joy

- Stay connected to people who care, through visits, phone calls, e-mail or letters.

- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then, or rent funny movies. Don't take yourself or others too seriously.

- Do something you enjoy every day, perhaps calling a friend, savoring a cup of tea, reading the newspaper or engaging in a hobby (revive a former pastime or try something new). Make it a priority, even if all you can manage is 15 minutes.

- Put together a pamper kit of

items that give you a lift - for example, a favorite magazine or CD, scented candles, fragrant shower gel or body lotion, or gourmet coffee or tea - and delve into it when you find your spirits drooping.

- Bring a bit of nature into your home: get a plant to nurture or buy fresh flowers.

- Do something nice for someone who is going through a difficult time. It will bring joy to both of you.

- Create little things to look forward to: telephoning or visiting with a friend, watching a favorite movie, ordering takeout food or getting something new to wear.

- Plan a special outing with or without your relative - perhaps to a restaurant or a cultural event.

- Focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of art and nature. Learn to live in the moment, enjoying life's simpler pleasures.

Lisa M. Petsche is a clinical social worker and a freelance writer specializing in health and elder care issues.

Signing A Power Of Attorney Is Serious



Denver, Co. Seeking help from a trusted family member or friend is important, especially for individuals who may be older or whose health is somewhat impaired. Older adults often find themselves needing help with bill paying or selecting alternative housing and home care arrangements.

In Colorado, a general power of attorney allows an individual to name an agent who can act on that individual's behalf. A durable power of attorney gives the agent powers to act, even if the principal is incapacitated or can not communicate. A durable power of attorney endures when the individual is unable to make decisions.

In signing a general power of attorney, the agent is empowered to buy and sell property, to make loans, and to access all investment, checking, and saving accounts. For example, an agent can deposit money into bank accounts, as well as write checks against the account. The agent can also sell a house, car, stocks, or other property. In addition, the agent can obtain credit cards, take out new mortgages, and borrow money for automobiles.

In executing a power of attorney, the agent is not supervised by the court or any other third party. This gives the agent full power and access to an individual's financial affairs. If an individual does not trust a family member, friend, neighbor or other acquaintance, the older adult should not execute a power of attorney.

A power of attorney can only be executed if the individual is competent to make decisions. If an individual is incapacitated the court may be asked to appoint a conservator who is supervised. The court, at its' sole discretion, can appoint a conservator who may or may not be of the individual's choosing.

The durable power of attorney can be limiting or general, meaning the individual can give the agent power only to manage a bank account, but not to secure mortgages, sell property or handle other financial matters.

Effective July 1, 2007 an agent who abuses a power of attorney, can face felony charges and jail time for taking advantage of an at-risk older adult. To prosecute an individual, theft must be proven against the agent.

In addition to a general power of attorney for financial matters, it is advisable to appoint a medical power of attorney. An agent who is appointed as the medical power of attorney is responsible for making decisions regarding health care.

The medical power of attorney should contain instructions about any treatment the individual wishes to receive or avoid, such as chemotherapy, dialysis, feeding tubes, and surgery. It should also describe any palliative treatment that is desired.

The medical power of attorney gives the agent access to medical records. It also provides authority to the agent to employ and discharge doctors, nurses, dentists, and other health care professionals. The agent is also empowered to admit the individual to a hospital, nursing home or hospice.

Agents can consent to treatment, tests, and other medical procedures, as well as to authorize pain relief for the individual, even if it means the treatment may hasten the individual's death.

Similarly, the agent can withhold treatment such as removing a respirator,

discontinuing feeding tubes or dialysis, or respiratory therapy.

If an individual does not have a medical power of attorney, the health care institution, such as the hospital or nursing home, can ask family and significant others to designate a health care proxy to make medical decisions. The health care proxy has the same responsibilities as the agent under a medical power of attorney.

Powers of attorney are generally drawn up by an attorney to ensure the agent is given the necessary powers to act on the individual's behalf. Pre-printed forms that conform to Colorado law are available through Bradford Publishing in Denver. Pre-printed forms are available at local office supply stores, but may not be specific to Colorado.

For more information or counseling, individuals can call 303-333-3482. Eileen Doherty, MS is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 30 years of experience in education and training, clinical practice, research, and public policy in gerontology. You may reach her at 303-333-3482 or Doherty001@att.net.

NeighborWorks® of Pueblo Helps Pueblo Families

NeighborWorks® of Pueblo helps a family purchase their first home every two days.

The mission of NeighborWorks® of Pueblo is to revitalize neighborhoods and to assist families with homeownership. The NeighborWorks® of Pueblo partnership of neighborhood residents, local businesses, the lending community and the City of Pueblo helps older neighborhoods and their residents develop strategic plans that enable homeowners to improve their property, eliminate barriers to home ownership and identify neighborhood issues (drugs, crime, substan-

dard properties, etc)

Fortythree years, NeighborWorks® of Pueblo has served in five of Pueblo's oldest and most disenfranchised neighborhoods. Thousands of Pueblo's families have received home buying assistance and access to NeighborWorks® of Pueblo low-interest revolving loan funds that have made the rehabilitation of their existing home possible. Thousands of these families have received financial counseling, health and safety inspections and down payment and closing cost assistance that has allowed them to purchase their first home - a realization of the American dream.

Colorado has one of the highest foreclosure rates in the United States and Pueblo, Colorado has an even higher rate of foreclosure. One of NeighborWorks® of Pueblo most important housing services is to educate, assist many of these Pueblo families and help prevent a foreclosure tragedy. NeighborWorks® of Pueblo's staff counsels families who are facing foreclosure. With our "Helping Hand Foreclosure Prevention Program", over 50 families were able to save their homes in Pueblo last year.

Through NeighborWorks® of Pueblo "Homeownership Program",

first-time homebuyers attend individual and group counseling sessions with the focus of promoting responsible home ownership. In fiscal year 2006-2007, NeighborWorks® of Pueblo assisted 192 families to purchase their first home generating over \$17,000,000 in first mortgages.

NeighborWorks® of Pueblo partners with area homebuilders and contractors to build hundreds of homes in these older neighborhoods of Pueblo. NeighborWorks® of Pueblo has been the owner and developer of Liberty Gardens and Hyde Park Gardens subdivisions. Our land development project yielded 111 affordably priced building lots in Pueblo.

Our major asset is a dedicated staff and committed Board of Directors that have great experience in land development, new home construction and housing rehabilitation. We are Housing & Urban Development (HUD) approved and a Colorado Housing & Finance Authority (CHFA) approved counseling agency. NeighborWorks® of Pueblo has flexible financing loan products available when united with a private lender's loan products make home purchasing possible for Pueblo's low and moderate income homebuyers.

Our Operation Paintbrush event was developed 24 years ago as a tool to revitalize Pueblo's older neighborhoods. The sad fact is that many seniors, disabled persons, and persons on fixed incomes are unable to either physically manage or afford routine maintenance on their homes. For example, last September, more than 350 volunteers from throughout the community came together to paint 35 homes in one day through NeighborWorks® of Pueblo's Annual Operation Paintbrush Program.

Over the past 24 years, 361 homes have been painted through this community-wide grassroots project. When the worst home on the block is painted, the magic of Operation Paintbrush occurs—you see neighbors sprucing up their own homes and the spin-off effect is evident!

This year, we plan to expand our mission to increase services to Pueblo's Bessemer neighborhood. A community within Pueblo that needs increased housing revitalization. We are excited and proud to expand these services to this aging area of Pueblo. Our service will include providing loan products and technical assistance to an additional 1800 families.



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719-544-8078, Ext.111

Book Excerpt: Blueberry Morning

by Grady Spears with June Naylor

(Excerpted from "The Texas Cowboy Kitchen" by Grady Spears with June Naylor, Andrews McMeel Publishing.)

Once you've made flapjacks (the cowboy's most special breakfast) with sourdough, you'll have a hard time making any other pancake again. The addition of sourdough starter makes the pancakes melt-in-your-mouth light. Top these flapjacks with Cowboy Blueberry Butter.

SOURDOUGH FLAPJACKS WITH COWBOY BLUEBERRY BUTTER

- 1/2 cup Buck's Sourdough Starter (recipe below)
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 tablespoon sugar
- 1/2 teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 eggs, beaten
- 2 cups buttermilk
- 1/4 cup vegetable oil
- 1/2 teaspoon vanilla extract

Before preparing your flapjacks,

let the portion of sourdough starter sit at room temperature overnight. At cooking time, heat up your griddle.

In a medium-size bowl, sift the dry ingredients together and set aside. In another bowl, combine the eggs, buttermilk, oil and vanilla with the starter. Carefully add the dry to the wet ingredients, stirring just until blended. Cook on a greased griddle over medium-high heat.

Makes 12 (6-inch) pancakes.

COWBOY BLUEBERRY BUTTER

- 1 cup unsalted butter, softened (not melted)
- 1/2 cup fresh blueberries, rinsed (if frozen, thaw and drain well)

Using a food processor, blend the butter and blueberries just until smooth. On a sheet of parchment or waxed paper, shape the butter into a log that measures about 1 1/2 inches wide. As you roll the butter into a cylinder, be sure to remove any air pockets.

Wrap the paper tightly around the log, secure with freezer tape, and place in freezer 1 hour before serving. Slice the disks of butter onto flapjacks at serving

time. The logs will store up to 1 month in freezer.

This incredible starter is the key to a great chicken-fried steak as well as Sourdough Flapjacks. Be sure to refrigerate any starter you don't plan to use soon. It will keep indefinitely if properly tended.

BUCK'S SOURDOUGH STARTER

- 4 cups warm water
- 1 (1/4-ounce) package active dry yeast
- 1 cup sugar
- 6 cups all-purpose flour

Fill a large crock or a large bowl with the water. Sprinkle the yeast over the top and let it dissolve for at least 4 minutes. Using a long spoon or a whisk, stir in the sugar and flour. Loosely cover with plastic wrap and set the mixture aside at room temperature for at least 12 hours before using it.

Once you begin using the starter, it must be "fed" and replaced. Do not finish it completely, but rather add the same proportions of water, sugar and flour to the existing starter after taking some out.

For example, if you remove half



Breakfast gets an extra boost from buttermilk flapjacks made with sourdough starter and topped with blueberry-flavored butter. photo: Ralph Lauer

of the starter, add back 2 cups warm water, 1/2 cup sugar and 3 cups flour. Blend the new ingredients into the starter with a whisk and set aside.

Makes 10 cups.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

JANUARY 3: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans & Diced Pears

JANUARY 3: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

JANUARY 10: TACO SALAD w/SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Orange & Cornbread.

JANUARY 15: CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JANUARY 17: ITALIAN SAUSAGE w/MARINARA SAUCE & SPAGHETTI, Baked Acorn Squash, Tossed Salad ~ Pizzelle & Pear.

JANUARY 22: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

JANUARY 24: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry, Gelatin Salad & Dinner Roll.

JANUARY 29: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peach & Cornbread.

JANUARY 31: MACARONI & CHEESE, Shredded Green Salad with Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

SALIDA MENU

719-539-3351 before 9:30am Tue/Th/Fri

JANUARY 3: TATOR TOT CASSEROLE, Tossed Salad, Baked Acorn Squash, Pear.

JANUARY 4: FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Vegetables, Strawberry Applesauce.

JANUARY 8: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad w/Lite French Dressing, Plum & Fruit Cocktail.

JANUARY 10: VEGETABLE SOUP, Cold Roast Beef Sandwich On Wheat Bread w/Mustard & Mayo Sliced Tomato on Lettuce, Waldorf Salad & Banana.

JANUARY 11: SPAGHETTI & MEATSAUCE, Tossed Salad w/Lite Italian Dressing, Green Beans, Orange.

JANUARY 15: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans w/Mushrooms & Fruit Salad.

JANUARY 17: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Green Beans & Diced Pears.

JANUARY 18: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

JANUARY 22: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

JANUARY 24: CREAM OF POTATO SOUP, Tuna Salad Wrap w/shredded, Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.

JANUARY 25: SLOPPY JOE ON A BUN,

Scalloped Potatoes, Broccoli and Carrots, Apple.

JANUARY 29: PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Almond Peaches.

JANUARY 31: BAKED PORK CHOP w/ COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad & Cinnamon Applesauce.

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

JANUARY 3: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

JANUARY 4: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

JANUARY 8: SPAGHETTI w/MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice.

JANUARY 9: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad & Dinner Roll

JANUARY 11: SWISS BROCCOLI PASTA, 5 - Way Vegetables, Sliced Peaches, Plum & Sweet Potato Roll .

JANUARY 15: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote & Cornbread with Margarine.

JANUARY 17: SWISS STEAK with MUSHROOM SAUCE, Whipped Potatoes, Seasoned greens, Orange & Dinner Roll with Margarine.

JANUARY 18: BEEF & SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

JANUARY 22: BAKED HAM w/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

JANUARY 24: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

JANUARY 25: TACO SALAD w/SALSA Tomato & Lettuce Garnish, Strawberry Applesauce, Orange & Cornbread.

JANUARY 29: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peach & Cornbread.

JANUARY 31: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

CUSTER SENIOR CTR.

call 719-783-9508 for reservations before 9:30am - M-Tu-Thur - Noon Meal

JANUARY 3: CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JANUARY 7: VEGETABLE SOUP, Cold Roast Beef Sandwich on Wheat Bread with Mustard & Mayo Sliced Tomato on Lettuce, Waldorf Salad & Banana.

JANUARY 8: ROAST TURKEY WITH

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JANUARY 4: BBQ PORK RIBS, Corn On The Cob, Greens, Potato Salad & Strawberry Applesauce.

JANUARY 7: TATOR TOT CASSEROLE, Tossed Salad, Baked Acorn Squash, Pear.

JANUARY 9: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

JANUARY 11: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

JANUARY 14: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

JANUARY 16: FRENCHDIPSANDWICH with/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

JANUARY 18: WHITE CHILI w/CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cabbage w/Red Pepper Apple.

JANUARY 21: Martin Luther King Day-No Meal Served

JANUARY 23: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana & Italian Bread.

JANUARY 25: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad & Dinner Roll.

JANUARY 28: CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JANUARY 30: MEATLOAF w/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

GOLDEN AGE CENTER

728 N. Main St.-Canon City M-W-F

JANUARY 2: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). Most meals served with bread and margarine.

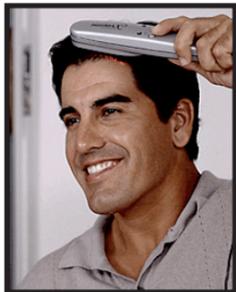
Here's Some News You Can Use From Napsnet

A Newfound Hope In The Fight Against Hair Loss

(NAPSI)-Over 80 million Americans suffer from some degree of hair loss. It is a problem that, though common, is often accompanied by emotional stress, anxiety and a diminishing sense of attractiveness.

It is also a difficult problem to treat.

Many men deal with it by spending thousands of dollars and countless hours on transplants, drug therapies, vitamin supplements and so-called "natural" remedies. Women suffer the pain of hair loss more privately; what is mistakenly thought of as a "male problem" often takes a larger emotional toll on female sufferers.



Recently, though, the FDA has cleared a device, known as the HairMax LaserComb, to treat males with certain categories of baldness. The makers of the product state that a female study is about to be submitted, and say that, in addition to their male customer base, 40 percent of their users are females.

Unlike the other two FDA-cleared solutions for treating hair loss, the HairMax is drug free, available without a prescription and is safe for use in both males and females--lending itself to a market where treatments are few and far between, especially for women.

The HairMax LaserComb is a handheld laser device that works through a process known as photo-bio stimulation. In this process, laser energy is delivered to the scalp and the individual hair follicles, effectively feeding the follicles and helping to promote the growth and regrowth of healthier hair.

The device can be used in the home and is indicated for use three times per week for 10-15 minutes per treat-

ment.

The FDA clearance comes after the submission of a multicentered, placebo-controlled trial, which demonstrated that users of the HairMax realized an increase in hair density of 19 hairs/sq. centimeter while the placebo group lost 7.6 hairs/sq. centimeter, a significant difference.



In addition to new hair growth, subjects experienced decreased hair fall-out, increased speed of hair growth and an increase in manageability and overall condition of the hair. There were no reported negative side effects in any of the participants.

The product has been on the market since 2000.

To learn more about the HairMax LaserComb, visit www.HairMax.com or call (800) 973-4769.

Hair loss is a growing problem for men and women, but this new FDA-cleared device offers hope.

SKIN SENSE

New Wrinkle Study

(NAPSI)-The wrinkle in studying skin creams is to find one with claims that are verifiable.

Fortunately, some do get a favorable scientific review. For example, the preliminary reviews of a 12-week clinical trial on one anti-aging skin cream are glowing.

In a study of DermaLastyl, conducted by anti-aging expert Dr. Steven Lamm, 35 volunteers were imaged by a sophisticated technique called laser profilometry. Before-and-after digital photographs were analyzed by computers to compare a series of parameters such as roughness, length and depth of wrinkles.

The study results showed significant improvements in skin smoothness and the appearance of fine lines and wrinkles. The key ingredient in the skin cream is Elastatropin, a synthetic form of

natural elastin, a protein in the body that is responsible for the elasticity of skin and organs.

DermaLastyl is not yet available in stores, but can be purchased by visiting www.dermaLastyl.com.

When evaluating skin creams, scientific studies-not consumer self-evaluations-are the key.

HEALTH AWARENESS

Diabetes And Your Heart

(NAPSI)-Explaining the risk factors for hypertension and diabetes, the links between them and the Medicare benefits that can keep seniors healthy is the purpose of Connect the Dots: Diabetes and Your Heart-How Medicare Helps, an initiative by the National Council on Aging. Risk factors include being overweight, physically inactive, high glucose, high cholesterol, consistently high blood

pressure, age, gender, smoking, race, family history and waist circumference.

Both diabetes and hypertension can be treated and managed through regular exercise, a healthy diet, taking medication as prescribed, not smoking, and monitoring your glucose levels.

Medicare covers diabetes screenings, supplies and self-management training, eye exams, glaucoma tests, foot exams, medical nutrition therapy services and smoking cessation. Medicare prescription drug plans typically cover insulin, oral therapies for diabetes, and hypertension medications.

For more information, log on to www.ncoa.org. For information on Medicare, call 1-800-MEDICARE or log on to www.medicare.gov. The initiative is supported by a grant from Novartis Pharmaceuticals.



Pueblo, CO-Melissa Pye of Colorado City is the winner of a large heirloom quality, hand-stitched quilt. Her name was drawn from among more than 4,000 tickets in the Sangre de Cristo Hospice & Palliative Care Benefit Quilt Raffle held at the Steel City Eagles #3367 of Pueblo (704 Elmhurst Pl) on Thursday, December 20, 2007.

The quilt, entitled "Promise of Spring", took more than eight months to stitch and is actually two quilts combined into one three-dimensional pattern. Master quilter Delpha Melton made the quilt as an expression of gratitude for the work of the Sangre de Cristo Hospice staff when her husband Jim was a patient.

"I will never forget the truly caring hospice nurses and aides that helped us say goodbye to my husband Jim when he was so sick," she explained. "I don't know what we would have done without them."

The winning ticket was drawn by Delpha's three-year-old grandson, Haeden Melton, who lives with his parents, Ed and Lynette Melton in Pueblo West.

"Delpha not only created a masterpiece but she and her family, single-handedly raised more than \$2,000 through their ticket sales," said Deede Lowry, Director of Volunteers for Sangre de Cristo Hospice. "We are humbled and amazed at their dedication and the generosity of so many throughout Southern Colorado."

Proceeds from the ticket sales of more than \$5,500 will provide equipment and training for the staff of Sangre de Cristo Hospice House. For more information call 719-542-0032.

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Reeling "Actors Rock Western Remake"

by Film Critic Betty Jo Tucker, Pueblo

ACTORS ROCK IN WESTERN REMAKE

Cast Russell Crowe, Christian Bale and Ben Foster in any movie together, and I'm a happy camper. In "3:10 to Yuma," available on DVD January 8th, their performances not only help revitalize the Western genre but also deserve to be remembered during movie award season. Underplaying his role as an enigmatic bad guy who may -- or may not -- have a streak of goodness in him, Crowe is absolutely spellbinding, but Bale's more outwardly dramatic turn as a destitute farmer who needs money to save his family comes across as equally fascinating. And Foster simply tears up the screen with his portrayal of Crowe's shoot-everything-that-moves top henchman.

Like most Westerns, the plot of "3:10 to Yuma" doesn't take much brain power to follow. After outlaw Ben Wade (Crowe) is captured, Dan Evans (Bale) signs on as one of the men escorting him

to the prison train. He reluctantly leaves his wife (Gretchen Mol) and two sons to go on this dangerous mission. However, the older son (Logan Lerman) has a mind of his own. Meanwhile, Ben's gang is hellbent on freeing their leader. Suspense builds as most of Ben's escorts bite the dust, leaving Dan with a major decision to make. Should he let the criminal go or finish the job he accepted? Like Gary Cooper's character in "High Noon," Dan realizes the serious consequences of accepting his moral duty.

The most intriguing aspect of this excellent Western -- a remake of the 1957 film starring Glenn Ford and Van Heflin -- involves the strange bonding that takes place between its two main characters. Crowe and Bale simply couldn't be better in their scenes together. They make us believe how different these men are -- and yet how much they begin to like each other while engaging in various conversations on the way to Yuma as well as in the hotel waiting for the prison train.

Crowe endows Ben with a charm that sneaks up on you through little smiles, soft-spoken comments and unexpected humor, but he's also a man who turns violent in the blink of an eye, and Crowe manages that change very convincingly. On the other hand, Bale displays the most tension, evoking our sympathy for his character's nagging sense of failure and desire to be someone his family can be proud of. Watching these two splendid actors interact is something I won't soon forget.

Nor will I forget Foster's bad-to-the-bone Charlie. Yes, this character may be loyal to his boss, but even Ben can't

stand him. Still, just try taking your eyes off Charlie when he's on screen! Foster is rapidly becoming the go-to guy for filmmakers who need someone for a lunatic role like this (see "Hostage" and "30 Days of Night").

Kudos to director James Mangold ("Walk the Line") for not letting anything stand in the way of the outstanding performances here. Of course, there are shots of gorgeous Western scenery and the background music sets an appropriate tone for what's happening. But, thankfully, no pretentious or jerky camera work spoils our enjoyment of this impressive remake. (Released by Lionsgate and rated "R" for violence and some language.)

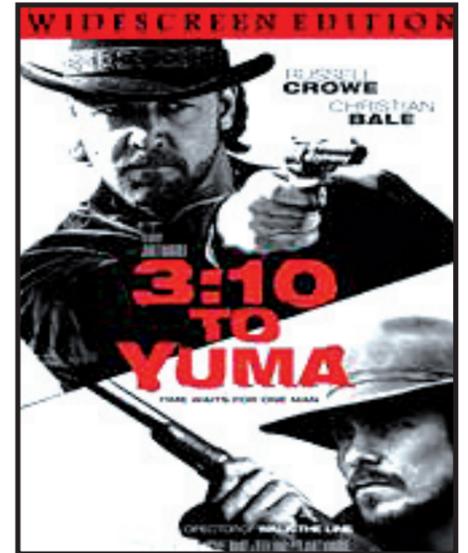
CURIOUS ABOUT CLOONEY?

"George Clooney: The Last Great Movie Star," an incredibly entertaining biography by Kimberly Potts, reveals intriguing information about one of Hollywood's most colorful leading men. It's definitely a must-read for Clooney fans -- and for anyone interested in going behind the scenes to learn more about his movies. The most telling quote in this well-written bio comes from Nick Clooney, George's father. "I remember asking him, when he was only five or six, what he wanted to be when he grew up," Nick recalls. "And his response was 'I want to be famous.' We had no idea how serious he was."

After taking us back to Clooney's early years, Potts then explains how this small-town boy used his good looks, charm and personal ethics on his journey to becoming a serious actor, writer, producer, director and humanitarian.

Because of the author's witty writing style, it's great fun learning the answers to such questions as:

How did Rosemary Clooney, George's famous aunt, help or hinder his acting career? Did "Three Kings" director David Russell and Clooney really come to blows while filming this action flick? Why did Clooney remain on "ER" so long? How does Clooney select



his roles and projects? What movies are Clooney's favorites? What unpaid bet about Clooney's personal life involves Michelle Pfeiffer and Nicole Kidman? How does Clooney behave on movie sets?

On the serious side, Potts explores Clooney's out-spoken nature, his concern for others, and his involvement in important causes, including obtaining aid for Darfur refugees. The book also contains a complete filmography as well as a group of wonderful photos. As someone who's also written a book about a celebrity ("Susan Sarandon: A True Maverick"), I tip my hat to Kimberly Potts. It's not easy to put so much research together in a coherent and compelling manner, but Potts has accomplished this goal with her excellent George Clooney biography. (Published by Applause Theatre & Cinema Books; for more information, go to www.applausepub.com.)

Read Betty Jo's movie reviews at www.ReelTalkReviews.com. Autographed copies of her books, **CONFESSIONS OF A MOVIE ADDICT** and **SUSAN SARANDON: A TRUE MAVERICK**, are available in Pueblo at Barnes & Noble.

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